

FCC JAN 09

JANUARY 1, 2009

LENGTH-00:23 ISSUE-CRIME 1 SHOW TIME-11:00

AUTHORITIES HAVE RECOVERED THE CAR INVOLVED IN YESTERDAYS STRONG ARMED CAR JACKING ON FRUITVILLE ROAD. AN 85-YEAR OLD WOMAN WAS PUTTING HER GROCERIES INTO HER CAR WHEN THE SUSPECT WALKED UP TO HER, PUSHED HER DOWN, AND TOOK HER RIDE. THE 2001 LIGHT BLUE 4 DOOR BUICK CENTURY WAS RECOVERED BY THE SARASOTA COUNTY SHERIFF'S OFFICE ON BAHIA VISTA AVENUE. SHERIFF'S DEPUTIES ARE STILL LOOKING FOR THE SUSPECT. HE'S DESCRIBED AS A WHITE MALE APPROXIMATELY 30 YEARS OLD. BETWEEN 5'6 TO 5'8, AND LAST SEEN WEARING A BASEBALL CAP. AUTHORITIES HAVE RECOVERED THE CAR INVOLVED IN YESTERDAYS STRONG ARMED CAR JACKING ON FRUITVILLE ROAD. AN 85-YEAR OLD WOMAN WAS PUTTING HER GROCERIES INTO HER CAR WHEN THE SUSPECT WALKED UP TO HER, PUSHED HER DOWN, AND TOOK HER RIDE. THE 2001 LIGHT BLUE 4 DOOR BUICK CENTURY WAS RECOVERED BY THE SARASOTA COUNTY SHERIFF'S OFFICE ON BAHIA VISTA AVENUE. SHERIFF'S DEPUTIES ARE STILL LOOKING FOR THE SUSPECT. HE'S DESCRIBED AS A WHITE MALE APPROXIMATELY 30 YEARS OLD. BETWEEN 5'6 TO 5'8, AND LAST SEEN WEARING A BASEBALL CAP.

LENGTH-00:11 ISSUE-CRIME 1 SHOW TIME-11:00

IN POLK COUNTY TONIGHT SHERIFF'S DEPUTIES ARE LOOKING FOR A SUSPECT WHO BROKE INTO A HOME AND KILLED A 93-YEAR-OLD MAN. HE WAS FOUND FATALLY SHOT IN HIS LAKE LAND HOME YESTERDAY. OFFICIALS BELIEVE HE WAS KILLED SOMETIME LAST NIGHT OR THIS MORNING.

JANUARY 2, 2009

LENGTH-00:26 ISSUE-CRIME 1 SHOW TIME-12:00

A JUVENILE BOY IS UNDERGOING HOSPITAL TREATMENT AFTER HE WAS SHOT WHILE ON HIS BIKE. ACCORDING TO THE SHERIFF'S OFFICE, THE INCIDENT HAPPENED JUST BEFORE EIGHT O'CLOCK LAST NIGHT IN THE THREE THOUSAND BLOCK OF NEWTOWN BOULEVARD. THE BOY WAS RUSHED TO BAYFRONT MEDICAL CENTER. AUTHORITIES HAVE NOT INDICATED THE EXTENT OF THE BOY'S INJURIES. DEPUTIES DESCRIBE THE SUSPECT AS BEING A MALE ABOUT 18 YEARS OLD...HE WAS SEEN FLEEING NORTH ON NEWTOWN BOULEVARD.

LENGTH-00:26 ISSUE-CRIME 1 SHOW TIME-6:00

PUNTA GORDA POLICE ARREST A MAN THEY SAY USED A FRONT END LOADER TO STEAL AN ATM. POLICE SAY EDWARD LEWAND USED A STEEL CHAIN TO RIP THE ATM FROM THE FIRST COMMUNITY BANK ON TAMiami TRAIL IN PUNTA GORDA. BANK SURVEILLANCE VIDEO CAPTURED THE WHOLE THING. A DAY LATER POLICE FOUND THE ATM IN A VACANT FIELD...WITH ALL THE MONEY STILL INSIDE. LEWAND WAS ARRESTED AT HIS HOME IN NORTH FORT MYERS. POLICE SAY LEWAND DITCHED THE A-T-M BECAUSE HE SAID POLICE WERE GETTING TOO CLOSE THE MORNING HE STOLE IT.

JANUARY 3, 2009

NOTHING

JANUARY 4, 2009

LENGTH-01:16 ISSUE-ELDERLY 7 SHOW TIME-EARLY

I THINK IT WAS GEORGE BERNARD SHAW WHO SAID -- WE DON'T STOP PLAYING BECAUSE WE GROW OLD, WE GROW OLD BECAUSE WE STOP PLAYING. THAT WAS BAD. REAL NICE, SHAW. TRY PICKING UP A 12-POUND BALL WITH AN 80-YEAR-OLD BACK. UGH! THEN SEE HOW PHILOSOPHICAL YOU FEEL. AS YOU GET OLDER YOU STILL BOWL, YOU JUST AREN'T AS GOOD. TAKE IT FROM THESE LADIES. CHRONOLOGICALLY CHALLENGED, WE ARE. THE ALLEY CATS. WHAT IS OUR NAME? I FORGOT. THE FRISKY CATS -- THE WILD CATS -- AND THE KIT CATS. OH NO! THIS CLEARLY IS A GROUP IN NEED OF SOME MATURITY. THAT'S WHERE ELSIE GILES COMES IN... I'VE GOT A STIFF NECK FROM LOOKING TO SEE IF ELSIE'S COMING. SHE'S THE SENIOR MEMBER... OH ELSIE, WHERE ARE YOU? GETTING MORE SENIOR TODAY... I DON'T THINK ELSIE'S COMING. IF ONLY SHE'D GET HERE. SO AS SOON AS YOU SEE HER COMING, EVERYBODY START SINGING HAPPY BIRTHDAY. ELSIE IS 89 YEARS YOUNG TODAY! SHE'S GOOD FOR HER AGE. WHEN SHE'S HOT, SHE'S HOT. WHEN SHE'S NOT, SHE'S NOT. I LIKE TO WIN. SHE JUMPED ROPE INTO HER 70S -- WENT DANCING WITH HER HUSBAND UNTIL THEY GOT -- QUOTE/UNQUOTE "ELDERLY." I JUST HAVE ALWAYS LOVED TO BE ACTIVE. NOW -- AT 89 -- SHE'S THE ROLE MODEL FOR THESE GIRLS WHO OBVIOUSLY REQUIRE ADULT SUPERVISION. I TOLD THAT STINKER TO GO DOWN! IN A BOWLING LEAGUE WHERE READING GLASSES OUTNUMBER RESIN BAGS... I COULDN'T HIT THE BROAD SIDE OF A BARN. AND BODIES BEGIN TO BALK... A LOT OF THE LADIES HAVE ARTHRITIS, REALLY BAD. ELSIE DOESN'T WANT TO GET PHILOSOPHICAL -- SHE JUST WANTS TO KEEP PLAYING. WE JUST ARE PEOPLE WHO DON'T GIVE UP. THE ALLEY CATS BOWL EVERY FRIDAY MORNING -- SOME OF THEM HAVE BEEN BOWLING TOGETHER AT DIFFERENT ALLEYS FOR DECADES.

JANUARY 5, 2009

LENGTH-00:20 ISSUE-CRIME 1 SHOW TIME-SUNRISE

POLK COUNTY DEPUTIES HAVE ARRESTED AND CHARGED A MAN WITH MURDER IN CONNECTION WITH THE DEATH OF HIS 93 YEAR OLD FATHER. DEPUTIES SAY 63-YEAR-OLD ROBERT FARLEY SHOT AND KILLED HIS FATHER, WALTER ON NEW YEAR'S EVE. INVESTIGATORS HAD SUSPICIONS ABOUT THE SON FOLLOWING INCONSISTENCIES IN HIS ALIBI. DETECTIVES SAY HE ADMITTED TO PLANNING THE MURDER AT LEAST TWO MONTHS IN ADVANCE. HE'S BEEN CHARGED WITH FIRST DEGREE MURDER.

LENGTH-00:47 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

REGULAR EXERCISE IS IMPORTANT FOR EVERYONE, BUT FOR SOME BREAST CANCER SURVIVORS IT CAN OFFER MORE THAN JUST A WORKOUT. I'VE GONE BACK MORE TO THE WAY I USED TO BE TO HAVE FLEXIBILITY, TO BE FREE TO EXPRESS MYSELF, TO TRY TO OVERCOME THE ANXIETY AND THE FEAR WHICH ACCOMPANIES ONE WHO HAS EXPERIENCED BREAST CANCER. CATHERINE GROSS ATTENDS A SPECIAL EXERCISE CLASS CALLED MOVING ON AEROBICS. IT IS DESIGNED FOR BREAST CANCER SURVIVORS. MARTHA EDDY STRUCTURES PART OF THE SESSIONS TO HELP WOMEN WHO ARE RECOVERING FROM SURGERY. THERE IS OFTEN AN INABILITY TO LIFT THE ARM IF THERE'S BEEN SURGERY AND ONE ARM MAY BE ABLE TO GO HIGH AND THE OTHER ONE MAY BE ABLE TO GO ONLY THIS FAR. GENTLE EXERCISE MAY ALSO OFFER A BOOST FOR THOSE WHO HAVE GONE THROUGH CHEMOTHERAPY TREATMENTS. I THINK THAT PATIENTS WHO EXERCISE PROBABLY GET THROUGH THEIR CHEMO PERHAPS WITH LESS FATIGUE THAN THOSE THAT DO NOT EXERCISE. EXPERTS ADD DAILY EXERCISE MAY ALSO HELP REDUCE THE RISK OF BREAST CANCER COMING BACK.

LENGTH-00:56 ISSUE-DUCATION 10 SHOW TIME-5:00

SARASOTA COUNTY SCHOOL OFFICIALS ARE ALSO WATCHING THIS LEGISLATIVE SESSION WITH GREAT CONCERN. THEY'VE ALREADY CUT 2% OFF THEIR BUDGET FOR THIS YEAR... AND THEY KNOW MORE CUTS ARE COMING. FROM WHAT THEY'VE HEARD IT COULD BE ANOTHER TEN MILLION DOLLARS. OFFICIALS ARE IN MEETINGS THIS AFTERNOON TRYING TO COME UP WITH WAYS TO DEAL WITH THE CUTS WITHOUT HURTING STUDENT EDUCATION. SUPERINTENDENT LORI WHITE SAYS SHE'D LIKE TO SEE THE LEGISLATURE ALLOW THEM TO USE FUNDS FROM OTHER SOURCES ... LIKE THE SCHOOL SYSTEMS CAPITOL BUILDING FUND... TO PAY FOR TRANSPORTATION AND OTHER SERVICES THAT USUALLY COME OUT OF THE GENERAL OPERATING BUDGET. "GIVE US THE FLEXIBILITY ... WHAT WE ALREADY HAVE PLENTY OF THE 2009 SCHOOL YEAR." WHITE'S OTHER SUGGESTIONS ON HOW LAWMAKERS CAN CUT WITHOUT HURTING STUDENTS AND TEACHERS.

A CARDIAC ARREST: THE HEART... NOW LIFELESS... UNABLE TO PUMP ANY BLOOD. IF EMERGENCY TECHNICIANS RESTORE A PULSE, MOST PATIENTS ARE IN A COMA... HEADING FOR THE NEAREST EMERGENCY ROOM. BUT IN NEW YORK, AMBULANCES ARE NOW BEING RE-ROUTED... TO HOSPITALS OFFERING "COOLING THERAPY". "WE'RE GOING TO TAKE PEOPLE TO WHERE THEY HAVE THE BEST CHANCE OF RECOVERING ." IT'S CALLED "THERAPEUTIC HYPOTHERMIA". DOCTORS LOWER THE TEMPERATURE IN THE BODY AND THE BRAIN... FROM 98 DEGREES... DOWN TO 90 DEGREES. "WHEN YOU COOL THE BRAIN THE CELLS GO INTO A STATE THAT IS LIKE HIBERNATION WHICH ALLOWS THEM TIME TO RECOVER FROM AN INJURY." PUBLISHED STUDIES SHOW: COOLING THERAPY IN CARDIAC ARREST CASES... REDUCES SERIOUS BRAIN DAMAGE BY 50%, AND LOWERS DEATH RATES BY 25%. IT'S SAME TECHNIQUE USED IN SPINAL CHORD INJURIES. THE BUFFALO BILLS' KEITH EVERETT SUFFERED A SEVERE NECK INJURY LAST SEASON. DOCTORS CREDIT COOLING THERAPY FOR HIS REMARKABLE RECOVERY IT'S ALSO BEING USED IN IRAQ... TO TREAT US SOLDIERS SUFFERING FROM TRAUMATIC BRAIN INJURIES. COOLING THERAPY DOES NOT COST ALL THAT MUCH... ABOUT A THOUSAND DOLLARS FOR ONE OF THESE STATE-OF-THE ART COOLING SUITS... WAFER-THIN PADS THAT CIRCULATE ICE WATER OVER THE PATIENT'S BODY SO WHY ARE MANY HOSPITALS STILL NOT USING IT? IT OFTEN COMES DOWN TO HOSPITAL BUREAUCRACY. THIS REQUIRES EDUCATION AND UNLESS IT'S LED BY ONE OR MORE INDIVIDUALS THERE IS REAL INERTIA TO GET THIS DONE." IT MADE ALL THE DIFFERENCE TO CHRIS NEWPORT. WITHIN HOURS OF SUFFERING A CARDIAC ARREST AND REPEATED SEIZURES... SHE WAS PLACED A COOLING SUIT. TWENTY FOUR HOURS LATER... SHE WAS WARMED, AND AWOKE WITH NO LAST LASTING BRAIN DAMAGE. "IN THE BLINK OF AN EYE EVERYTHING COULD BE OVER. I WAS IN THE RIGHT PLACE AT THE RIGHT TIME. " NOW, WITH THE COUNTRY'S LARGEST CITY "DIRECTING" ITS AMBULANCES TO COOLING THERAPY CENTERS, SOME RESEARCHERS PREDICT ... MORE CITIES WILL SOON FOLLOW AND MORE PATIENTS WILL BENEFIT.

IT COULDN'T COME AT A BETTER TIME FOR TERENCE O'ROURKE. HE'S BATTLING LIVER, LUNG AND COLORECTAL CANCER. DOCTORS DIDN'T HOLD OUT MUCH HOPE FOR HIM, SINCE THE LIVER TUMORS WEREN'T RESPONDING TO CHEMO. BUT THAT CHANGED WHEN TERENCE AND HIS WIFE CAME FROM SEBRING TO SEE DR. GERALD GRUBBS HERE ON THE SUNCOAST. OUR REGULAR DOCTORS THAT WE HAD BEEN GOING TO ORIGINALLY ONLY GAVE US FIFTEEN MONTHS, AND DR. GRUBBS GAVE US MUCH LONGER THAN THAT. BASICALLY, HE HAS GIVEN US A LITTLE HOPE, A LOT OF HOPE. " AND WE SAW THAT HOPE TURN INTO REALITY WHEN WE WENT INTO THE OPERATING ROOM AT LAKEWOOD RANCH MEDICAL CENTER. WE WATCHED AS DR. GRUBBS TOOK RADIOACTIVE PARTICLES, HOUSED IN A SPECIAL CASE.. AND INJECTED THEM INTO TERENCE'S LIVER ARTERIES.. THE INCREDIBLE THING HERE-- THE PARTICLES ACT AS MINI STEALTH BOMBERS, BECAUSE THEY FIND THE CANCER CELLS, KILL THEM, AND LEAVE THE NORMAL CELLS ALONE. DR. GRUBBS SAYS THE RESULTS HAVE AMAZED HIM."IT'S NIGHT AND DAY DIFFERENCE. THIS IS THE MOST

DRAMATIC THERAPY FOR PATIENTS THAT HAVE REFRACTURED- LIVER- METASTASES OR PRIMARY LIVER CANCERS OF ANYTHING THAT I'VE EVER DONE IN 15 YEARS OF DOING ONLY THIS. "

LENGTH-00:16 ISSUE-CRIME 1 SHOW TIME-11:00

A MAN IS STABBED TO DEATH TONIGHT IN PALMETTO.. AND SHERIFF'S DETECTIVES ARE QUESTIONING TWO WOMEN.. DEPUTIES SAY 71-YEAR OLD JOSEPH SCOTT WAS STABBED SEVERAL TIMES AT A BOARDING HOUSE ON 4TH AVENUE EAST IN PALMETTO.. SCOTT WAS TAKEN TO MANATEE MEMORIAL.. WHERE HE DIED.. NO CHARGES HAVE BEEN FILED YET..

LENGTH-00:19 ISSUE-CRIME 1 SHOW TIME-11:00

BRADENTON POLICE NEED YOUR HELP FINDING A HIT AND RUN DRIVER.. POLICE SAY A 90-YEAR OLD MAN WAS RUN OVER IN THE ALBERTSON'S PARKING LOT ON MANATEE AVENUE WEST THIS MORNING.. HE WAS RUSHED TO THE HOSPITAL WITH SERIOUS INJURIES.

LENGTH-00:39 ISSUE-CRIME 1 SHOW TIME-11:00

AN ALASKA NEWSPAPER IS REPORTING ALLEGATIONS BY A DRUG INVESTIGATOR.... THAT POLITICS PLAYED A ROLE IN THE ARREST OF THE FUTURE MOTHER-IN-LAW OF SARAH PALIN'S DAUGHTER. SHERRY JOHNSTON IS THE MOTHER OF LEVI JOHNSTON. HE'S ENGAGED TO BRISTOL PALIN AND IS HER BABY'S FATHER. THE MOTHER WAS ARRESTED IN DECEMBER ON SIX FELONY DRUGS COUNTS. SHE'S ACCUSED OF ILLEGALLY SELLING THE PRESCRIPTION PAINKILLER OXYCONTIN. AN INVESTIGATOR SENT AN E-MAIL TO THE PUBLIC SAFETY EMPLOYEES ASSOCIATION SAYING THE CASE AGAINST JOHNSTON "WAS NOT ALLOWED TO PROGRESS IN NORMAL FASHION" AND THE SEARCH WARRANT WAS DELAYED "BECAUSE OF THE PENDING ELECTION." BUT A PUBLIC SAFETY COMMISSIONER INSISTS THE CASE WAS HANDLED FAIRLY.

JANUARY 6, 2009

LENGTH-00:19 ISSUE-CRIME 1 SHOW TIME-SUNRISE

SARASOTA DEPUTIES ARREST A WOMAN ON GRAND THEFT CHARGES INVOLVING HER EMPLOYER. ACCORDING TO THE ARREST REPORT, 34-YEAR-OLD BETH SLACK OF NORTH PORT DRAFTED SEVERAL CHECKS FROM HER EMPLOYER PRUDENTIAL PALMS REALITY AMOUNTING TO NEARLY 50-THOUSAND DOLLARS. INVESTIGATORS TRACED THE CHECKS OVER A TWELVE MONTH PERIOD. SLACK IS CHARGED WITH SCHEMING TO DEFRAUD AND GRAND THEFT.

LENGTH-00:50 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

NUTRITION EXPERTS HAVE BEEN TELLING US FOR YEARS THAT NOT ALL CARBOHYDRATES ARE THE SAME. DR. ARTHUR AGATSTON, CREATOR OF THE SOUTH BEACH DIET EXPLAINS CARBS ARE AN IMPORTANT PART OF OUR DIET BECAUSE THEY PROVIDE THE BODY WITH ENERGY...BUT HE POINTS OUT...THERE ARE GOOD CARBS AND BAD CARBS.(Q)WHAT SHOULD WE STAY AWAY FROM? (A)WHITE BREAD, DONUTS, WHITE RICE, BAKED POTATOES AND CERTAINLY ALL THE SUGARY SOFT DRINKS ARE PROBABLY ALL THE WORST.AGATSTON SAYS CONSUMING TOO MANY BAD CARBS CAN LEAD TO OBESITY AND RAISE THE RISK FOR CERTAIN DISEASES.THE BAD CARBS WILL ABSORB VERY RAPIDLY, WILL EXACERBATE SWINGS IN BLOOD SUGAR SO WE'RE WALKING AROUND HUNGRY ALL THE TIME, THEY PRE-DISPOSE TO DIABETES AND PRE-DIABETES.(Q)WHAT ARE SOME OF THE GOOD CARBS WE SHOULD BE INCORPORATING INTO OUR DIET? (A)CARBS ARE VERY GOOD FOR US. THEY ARE ESSENTIAL. THE GOOD CARBS ARE THE VEGETABLES, WHOLE FRUITS, WHOLE GRAINS, A LOT OF FIBER AND LITERALLY THOUSAND OF NUTRIENTS.AGATSTON SAYS GOOD QUALITY CARBS MAKE YOU FEEL FULLER LONGER... AND THAT MEANS YOU ARE LESS LIKELY TO OVER EAT.

LENGTH-01:55 ISSUE-WOMEN 8 SHOW TIME-12:00

FOR MANY WOMEN TRYING TO LOSE WEIGHT, THE OPTIONS CAN SEEM ENDLESS AND AT TIMES, FUTILE ... FROM EXTREME EXERCISE, TO RIGID DIETS. BUT THERE IS ONE PLACE EVEN THE MOST FRUSTRATED DRAW THE LINE ... SURGERY. KAREN KINNEAR HAS ALWAYS LIKED HER BODY. BUT LIKE MANY WOMEN SHE HAD THAT ONE PROBLEM AREA THAT JUST WOULDN'T GO AWAY. KAREN KINNEAR I HAD THE, AS THEY CALL IT, SADDLEBAGS. AND I WAS NOT HAPPY WITH HOW IT LOOKED. KAREN FELT LIPOSUCTION WAS TOO INVASIVE - BUT THEN SHE HEARD ABOUT ULTRASHAPE - A DEVICE THAT CLAIMS TO REDUCE FAT WITH ULTRASOUND -- WITH RESULTS LIKE THESE. KAREN KINNEAR AND I WAS, LIKE, "WOW! THAT'S SOMETHING I WOULD LIKE TO TRY," DR. ARI BENCHETRIT / PLASTIC SURGEON MONTREAL, CANADA IT ACTUALLY BREAKS DOWN THE FAT CELL AND GETS RID OF THE UNWANTED FAT MUCH LIKE LIPOSUCTION DOES. EXCEPT IT DOES IT NON-INVASIVELY, MEANING THERE'S NO CUTTING. THERE'S NO ANESTHESIA. THERE'S NO DOWNTIME. THERE'S NO RECOVERY . IT SOUNDS TOO GOOD TO BE TRUE. BUT INTERNATIONAL STUDIES SHOW THAT ULTRASHAPE REDUCES FAT THICKNESS IN COMMON PROBLEM AREAS IN JUST THREE SESSIONS- TAKE A LOOK BEFORE - AND AFTER -- THE DIFFERENCE IS NOT EXTREME, BUT IT IS NOTICEABLE. DR. ARI BENCHETRIT / PLASTIC SURGEON MONTREAL, CANADA THE CLINICAL TRIALS AS WELL AS OUR OWN EXPERIENCE HAS DEMONSTRATED AN AVERAGE LOSS OF FOUR TO SIX CENTIMETERS IN CIRCUMFERENCE AFTER A THREE TREATMENT CYCLE. SO, THAT'S ABOUT TWO TO THREE INCHES // AFTER THE THREE

TREATMENTS // WHICH IS QUITE CONSIDERABLE. HERE'S HOW IT WORKS PATIENTS SPEND A HALF HOUR UNDER THE ULTRASHAPE MACHINE . THE SOUND WAVES CONVERGE TO HIT THE FAT CELLS UNDER THE SKIN AND MAKE THEM VIBRATE AT A VERY HIGH SPEED, CAUSING THEM TO BE DESTROYED. EXPERTS SAY THE FAT IS THEN CARRIED TO THE LIVER, WHERE IT IS REMOVED FROM YOUR BODY SAFELY//. BUT ULTRASHAPE ISN'T FOR EVERYONE DR. ARI BENCHETRIT / PLASTIC SURGEON MONTREAL, CANADA THIS IS NOT A WEIGHT LOSS PROCEDURE. THIS IS NOT FOR SOMEBODY WHO REALLY NEEDS TO LOSE A LOT OF WEIGHT. IN ADDITION, PATIENTS NEED TO STAY FIT AND EAT RIGHT // ULTRASHAPE IS IN PHASE 3 CLINICAL TRIALS IN THE U-S AND DOCTORS HERE SAY IT COULD BE APPROVED IN A FEW YEARS DR. JEFFREY M. KENKEL / UT SOUTHWESTERN MEDICAL CENTER PATIENTS ALWAYS-- OBVIOUSLY WANT TO LOOK AND FEEL BETTER, BUT IF THEY CAN DO IT NON-SURGICALLY, THAT'S GONNA HAVE A REAL MASS APPEAL. BACK TO KAREN --- HERE SHE IS BEFORE ULTRASHAPE - AND HERE, AFTER THREE TREATMENTS. SHE LOST AN AVERAGE OF AN INCH ON EACH THIGH. KAREN KINNEAR MY FRIENDS ACTUALLY NOTICED. I'M VERY HAPPY WITH THE RESULTS.

JANUARY 7, 2009

LENGTH-00:50 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

THERE ARE MORE THAN 20,000 NEW CASES OF OVARIAN CANCER DIAGNOSED IN THE UNITED STATES EACH YEAR. IT REMAINS ONE OF THE MOST DIFFICULT CANCERS TO BEAT - ONLY 37 PERCENT OF PATIENTS SURVIVE AT LEAST 5 YEARS. NEW RESEARCH SUGGESTS THAT WOMEN MIGHT REDUCE THEIR ODDS OF OVARIAN CANCER BY MAINTAINING A HEALTHY WEIGHT. DOCTORS FOLLOWED 94,000 MIDDLE-AGED AND SENIOR WOMEN FOR 7 YEARS. THEY FOUND THAT OBESE WOMEN WERE NEARLY 80 PER CENT MORE LIKELY TO DEVELOP OVARIAN CANCER. HOWEVER, THE LINK TO OBESITY ONLY APPEARED IN THOSE WHO HAD NO FAMILY HISTORY OF THE DISEASE AND WHO HAD NOT USED POST-MENOPAUSAL HORMONE TREATMENT. RESEARCHERS SPECULATE THAT OBESITY ONLY IMPACTS WOMEN WHO OTHERWISE HAVE A VERY LOW RISK FOR OVARIAN CANCER. THEY THEORIZE THE EXCESS EIGHT TRIGGERS MORE ESTROGEN PRODUCTION, WHICH IN TURN INCREASES THE ODDS FOR HORMONE-RELATED DISEASE, INCLUDING BOTH BREAST AND OVARIAN CANCERS. EXPERTS RECOMMEND WOMEN FOLLOW A SENSIBLE DIET AND EXERCISE SEVERAL TIMES PER WEEK TO KEEP THE POUNDS OFF, ESPECIALLY WITH ADVANCING AGE.

LENGTH-00:45 ISSUE-HEALTH 5 SHOW TIME-5:00

JANUARY INTO FEBRUARY MARKS THE HIGH POINTS OF THE FLU SEASON. ONLINE WEB SITES LIKE GOOGLE'S FLU TRENDS HAS JUST ELEVATED FLORIDA TO A MODERATE LEVEL. SCOTT PRITCHARD IS AN EPIDEMIOLOGIST WITH THE SARASOTA COUNTY HEALTH DEPARTMENT. HE'S ALSO TRACKING THE BUG. HE SAYS AS

EXPECTED THE CASES OF REPORTED FLU LIKE SYMPTOMS ARE STARTING TO ROLL IN AROUND THE STATE. THEY USE INFORMATION FROM EMERGENCY ROOMS, SCHOOLS AND EVEN OVER THE COUNTER PRODUCTS BOUGHT WHICH ARE USED TO TREAT THE FLU AS INDICATORS. OFFICIALLY SARASOTA COUNTY IS REPORTING LOCALIZED INFLUENZA ACTIVITY MEANING THEY HAVE DETECTED AN INCREASE AND HAVE LAB CONFIRMED CASES. PRITCHARD SAYS IT'S A GOOD TIME OF YEAR TO GET INTO THE HABIT OF PROTECTING YOURSELF. "IT'S VERY IMPORTANT TO MAKE SURE YOU ARE WASHING YOUR HANDS FREQUENTLY WITH SOAP AND WATER OR ALCOHOL BASED HAND SANITIZER. BOTH ARE GOOD. MAKE SURE YOU COVER YOUR COUGHS. WHEN YOU ARE SNEEZING ALL THOSE INVISIBLE DROPLETS IS WHAT'S TRANSMITTING THE DISEASE."

JANUARY 8, 2009

LENGTH-00:47 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

EVEN THOUGH THEY MAY HAVE IT UNDER CONTROL, DIABETES COULD SLOW MENTAL FUNCTION AMONG THOSE WHO HAVE IT. A NEW CANADIAN STUDY LOOKED AT 570 PEOPLE BETWEEN THE AGES OF 53 AND 90 AND MEASURED THEIR COGNITIVE SKILLS FOR THREE YEARS. RESEARCHERS FOUND THOSE WHO HAD MILD CASES OF TYPE 2 DIABETES, WERE SLOWER AT TASKS REQUIRING RAPID RESPONSE. AND AGE MADE NO DIFFERENCE. ALTHOUGH THE DEFECT WAS NOT HUGE, IT DID APPEAR EARLY IN THE COURSE OF THE CONDITION, BUT DID NOT GET WORSE AS THE DIABETICS AGED. AND IF YOU'RE WONDERING WHY YOUR TEENAGER IS ON THE COMPUTER ALL THE TIME, LISTEN UP. A NEW STUDY OUT OF THIS MONTH'S ARCHIVES OF PEDIATRIC AND ADOLESCENT MEDICINE, FOUND OVER HALF OF TEENS WHO NETWORK ON MYSPACE TALK ABOUT SEX, ALCOHOL AND VIOLENCE. RESEARCHERS SAY THAT'S NOT GOOD BECAUSE ALTHOUGH MANY TEENS ONLY WRITE ABOUT RISKY BEHAVIORS OTHERS COULD BE CONTEMPLATING DOING THESE THINGS, OR BRAGGING ABOUT WHAT THEY'VE ALREADY DONE. THE LESSON HERE? PARENTS SHOULD KNOW WHAT THEIR KIDS ARE DOING ONLINE.

LENGTH-01:19 ISSUE-WOMEN 8 SHOW TIME-12:00

THIS AFTERNOON, IDALIA MORENO GAVE BIRTH TO HER SECOND CHILD. JAKE. LIKE HER FIRST... IT WAS A C-SECTION. BUT SHE AND HER DOCTORS WERE IN NO RUSH. NOT WITH THIS LATEST STUDY. "THIS STUDY IS IMPORTANT BECAUSE IT SHOWS THAT THERE ARE INCREASED PROBLEMS FROM BEING BORN BEFORE 39 WEEKS." AMAZINGLY, THE STUDY FOUND 36% OF WOMEN HAVING ELECTIVE C-SECTIONS... SCHEDULED THEIR DELIVERY BEFORE THE RECOMMENDED 39 WEEKS. OFTEN IT BOILS DOWN TO... "CONVENIENCE. MAKING SURE YOU DELIVER WHEN YOUR OBSTETRICIAN IS AVAILABLE, OR ON GRANDPA JOE'S BIRTHDAY." BUT JUST LOOK AT THE CONSEQUENCES: C-SECTION BABIES BORN JUST 1 WEEK EARLY AT 38 WEEKS...

WERE 50 % MORE LIKELY TO GO TO THE INTENSIVE CARE UNIT 70% MORE LIKELY TO HAVE INFECTIONS... THAT CALL FOR ANTIBIOTICS. AND 200% MORE LIKELY TO DEVELOP "RESPIRATORY DISTRESS"... A SERIOUS BREATHING PROBLEM WHICH CAN REQUIRE A VENTILATOR "THE LUNGS AND THE BRAIN ARE IN VERY RAPID GROWTH AND MATURATION IN THOSE LAST WEEKS OF PREGNANCY... AND CUTTING THAT PREGNANCY SHORT BY EVEN TWO WEEKS APPEARS TO HAVE A SIGNIFICANT IMPACT." BUT WITH SO MUCH AT STAKE FOR THE DEVELOPING FETUS... WITH THE GUIDELINES FOR OBSTETRICIANS SO CLEAR ABOUT NOT DOING C-SECTIONS BEFORE 39 WEEKS... WHY DO SO MANY DOCTORS STILL SCHEDULE THE DELIVERIES EARLY? "I THINK PROBABLY BECAUSE THEY DON'T FULLY APPRECIATE THE RISKS THAT THIS PAPER HIGHLIGHTS AND THIS IS A RED FLAG, THIS IS A WAKE-UP CALL" RESEARCHERS SAY THAT ELECTIVE C-SECTIONS ARE SAFEST FOR THE BABY WHEN DONE ANYWHERE FROM 39 TO 41 WEEKS OF GESTATION... AND THAT THESE LATEST FINDINGS MAY HELP DELAY MANY C-SECTIONS. WHILE ALMOST PARENTS-TO-BE CANNOT WAIT TO MEET HER NEW BABY... THIS LATEST STUDY SUGGESTS... MORE SHOULD WAIT.

LENGTH-01:02 ISSUE-ELDERLY 7 SHOW TIME-5:00

ROYAL TAYLOR IS 70 YEARS OLD. HE'S ALWAYS BEEN A GOOD DRIVER. BUT AS HE GOT OLDER, HE NOTICED DRIVING GOT TOUGHER. BUT ROYAL SAYS HIS SKILLS ARE SHARPER NOW THAT HE'S USING A COMPUTER PROGRAM CALLED "INSIGHT." ROYAL IS PART OF AN ADULT EDUCATION CLASS OFFERED BY THE OAKLAND UNIFIED SCHOOL DISTRICT. STUDENTS COME THREE TIMES A WEEK TO WORK ON THE INSIGHT PROGRAM. "TERI BARR: THERE'S AGE CHANGES THAT HAPPEN - IN THE MECHANICS OF SEEING, IN THE MECHANICS OF HEARING, AND SO THE WAY I LIKE TO DESCRIBE IT IN LAYMAN'S TERMS IS: IT'S LIKE YOU ARE RECALIBRATING YOUR BRAIN FOR THESE NEW PHYSICAL CHANGES THAT HAVE HAPPENED." THE INSIGHT PROGRAM HAS FIVE DIFFERENT GAMES THAT GET PROGRESSIVELY HARDER. THE ICONS POP ON AND OFF VERY QUICKLY - AND YOU HAVE TO WATCH THE "ENTIRE" SCREEN. THAT'S BECAUSE THE GAME IS DESIGNED TO IMPROVE WHAT'S CALLED YOUR "USEFUL FIELD OF VIEW" -CRITICAL TO GOOD DRIVING. USEFUL FIELD OF VIEW IS THE ABILITY TO IN A SINGLE GLANCE TAKE IN INFORMATION OVER A WIDE AREA OF YOUR VISUAL WORLD. SO WITHOUT MOVING YOUR EYES, YOUR ABILITY TO SEE THINGS IN THE CENTER OF THE VISUAL FIELD AND IN THE PERIPHERY AT THE SAME TIME." THE INSIGHT PROGRAM IS MADE BY A SAN FRANCISCO COMPANY CALLED "POSIT SCIENCE." IT'S BASED IN PART ON TECHNOLOGY DEVELOPED BY THE UNIVERSITY OF ALABAMA. PUBLISHED STUDIES INDICATE USING INSIGHT SIGNIFICANTLY REDUCES THE RISK OF A CAR ACCIDENT. "JOE HARDY: IT HELPS YOU THINK FASTER, FOCUS BETTER AND REMEMBER MORE." 64-YEAR OLD SHARON LAWLESS IS CONVINCED INSIGHT HAS HELPED HER DRIVING."LAWLESS: SO HERE I AM GOING OVER A SPEED BUMP, BUT LET'S SAY SOMEBODY CAME OUT OF THE DRIVEWAY ON A BICYCLE AND I'M CONCENTRATING ON THE SPEED BUMP. I THINK THAT IT'S HEIGHTENED MY AWARENESS OF THE OTHER POSSIBILITIES." THE COMPUTER GAMES MAY LOOK SIMPLE - BUT AS YOU ADVANCE - THEY GET VERY CHALLENGING."DON ZUCK: ONE DAY YOU DO WELL, AND THE NEXT DAY - PSSHT - YOU JUST CAN'T DO IT." THAT'S WHY TEACHER- TERI BARR THINKS PEOPLE ARE MORE LIKELY TO SUCCEED IF THEY DO THE PROGRAM IN A CLASS RATHER THAN ON THEIR OWN."TERI: MANY OF THESE BRAIN PROGRAMS ARE DESIGNED TO GET THE MOST OUT OF IT

WHEN YOU ARE REALLY AT YOUR THRESHOLD AND YOU ARE REALLY BEING PUSHED. AND IT'S USUALLY AT THAT POINT OFTEN TIMES, IF YOU WERE DOING THIS ALONE, AND IT GETS REALLY HARD, SOME PEOPLE HAVE A TENDENCY TO QUIT." POSIT SCIENCE SAYS THEIR RESEARCH SHOWS YOU CAN GET RESULTS IN TEN TO FORTY HOURS -BUT MANY STUDENTS IN THIS CLASS ARE DOING EVEN MORE. "DON ZUCK: I'M FOCUSING BETTER. I'M MORE AWARE OF WHAT'S AROUND ME. I'M REALLY IMPRESSED WITH WHAT THE PROGRAM HAS DONE. "

LENGTH-00:47 ISSUE-CRIME 1 SHOW TIME-11:00

SHE WAS SUPPOSED TO WATCH THE HOME. INSTEAD, POLICE SAY A "HOUSE-SITTER" IN CAPE CORAL SOLD THE OWNER'S BELONGINGS IN A GARAGE SALE. SHE EVEN HAD A PERMIT TO DO IT. THE HOMEOWNER GOT SICK AND LEFT THEIR SO-CALLED FRIEND AND HER BOYFRIEND IN CHARGE OF HER HOME FOR THREE MONTHS. THE NEIGHBORS JUST THOUGHT THE PEOPLE WERE RENTERS. UNTIL THEY STARTED HAVING GARAGE SALES. TURNS OUT THE STUFF BEING SOLD WASN'T THEIR THINGS..BUT THE HOMEOWNERS. TWO BEDROOM SETS, THREE T-V'S, AND A ONE THOUSAND DOLLAR SOLID BRASS TEA SET WERE JUST SOME OF THE THINGS MISSING FROM THE HOME. POLICE SAY WHAT THE COUPLE DIDN'T SELL...THEY STOLE AND THEN SOLD TO LOCAL PAWN SHOPS. "SHE HAS TO START ALL OVER..SHE'S BEEN CLEANING OUT FOR WEEKS..CLEANING UP..FURNITURE DELIVERED..B/C HER FURNITURE IS GONE." THE HOUSE SITTERS WERE ARRESTED FOR GRAND THEFT AND DEALING IN STOLEN PROPERTY.

JANUARY 9, 2009

LENGTH-00:49 ISSUE-WOMEN 8 SHOW TIME-SUNRISE

ONCE A WOMAN HAS DELIVERED ONE BABY BY CAESARIAN SECTION, MANY DOCTORS OFTEN AUTOMATICALLY SCHEDULE HER FOR A REPEAT C-SECTION FOR ANY SUBSEQUENT BIRTHS. THE AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS RECOMMENDS WAITING UNTIL 39 WEEKS TO HAVE THE C-SECTION SO THAT THE BABY HAS TIME TO FINISH DEVELOPING IN THE WOMB. BUT A NEW STUDY FINDS THAT 36% OF REPEAT C-SECTIONS OCCUR BEFORE THE 39TH WEEK - PLACING THE BABIES AT RISK FOR A VARIETY OF HEALTH PROBLEMS. RESEARCHERS FROM THE UNIVERSITY OF ALABAMA STUDIED MORE THAN 13,000 BABIES BORN THROUGH SCHEDULED C-SECTIONS AND FOUND THOSE BORN JUST A WEEK OR TWO EARLY WERE MORE LIKELY TO NEED INTENSIVE CARE, SUFFER BREATHING PROBLEMS OR LOW BLOOD SUGAR LEVELS. EXPERTS SAY DOCTORS AND WOMEN OFTEN CHOOSE EARLY C-SECTIONS FOR CONVENIENCE - SO THE DOCTOR WILL BE AVAILABLE AND THE WOMAN CAN LESSEN HER DISCOMFORT FROM PREGNANCY. BUT THESE FINDINGS SHOW THAT - FOR THE BABY'S HEALTH - WAITING IS BETTER, AND EVEN A FEW EXTRA DAYS CAN MAKE A BIG DIFFERENCE.

LENGTH-01:42

ISSUE-HEALTH 5

SHOW TIME-12:00

"I WOULD EXPECT THIS TO BE HIGHER" NEW YORK DOCTOR RON HOFFMAN DOES A LOT OF HIS OWN LAB TESTING BECAUSE HE DOESN'T TRUST THE BIG COMMERCIAL LABS. DR. RONALD HOFFMAN, MEDICAL NUTRITIONIST IT'S LIKE THE DIFFERENCE BETWEEN A HOMEMADE CUPCAKE AND A MASS PRODUCED DESERT PRODUCT. YOU GET STANDARDIZATION WITH THE PRODUCED PRODUCT BUT IF SOMEONE PUTS TOO MUCH SALT IN THE VAT AT THE FACTORY, YOU HAVE A RECALL. SO WHEN QUEST DIAGNOSTICS SENT THIS LETTER TO THOUSANDS OF DOCTORS ALERTING THEM THAT ITS VITAMIN-D TESTING WAS FLAWED, HE WASN'T SURPRISED. DR. RONALD HOFFMAN, MEDICAL NUTRITIONIST IF THEY'RE NOT DONE EXACTLY RIGHT WE GET BIG PROBLEMS AND WHEN BIG LABS DO THEM THE PROBLEMS ARE COMPOUNDED BY THE THOUSANDS. WE GET MOST OF OUR VITAMIN D FROM SUNLIGHT AND SOME FROM OILY FISH. VITAMIN D IS CONSIDERED SO IMPORTANT IT'S ADDED TO MILK. VITAMIN-D DEFICIENCY IS DIRECTLY LINKED TO WEAK BONES, A CONDITION CALLED RICKETS. NOT GETTING ENOUGH VITAMIN D CAN ALSO CONTRIBUTE TO HEART ATTACKS, AUTOIMMUNE DISORDERS AND CANCER. QUEST SAYS MOST OF ITS FALSE TEST RESULTS OVER-ESTIMATED PEOPLE 'S VITAMIN D-LEVELS, WHICH MAY MEAN PEOPLE WHO SHOULD HAVE BEEN PUT ON VITAMIN D SUPPLEMENTS WERE NOT. DR. PETER LURIE, PUBLIC CITIZEN WHAT BOTHERS ME IS THE AVERAGE DOCTOR WHO RECEIVES A BLOOD TEST IS JUST GOING TO BELIEVE THE RESULT IN MOST CASES. THEY HAVE LITTLE REASON TO SUSPECT THAT THERE'S A PROBLEM. QUEST, WHICH PERFORMS VIRTUALLY EVERY TYPE OF MEDICAL LAB TEST, SAYS THE MISTAKES OCCURED BECAUSE SOME OF THE EQUIPMENT USED IN ITS VITAMIN-D TESTING IS WASN'T CALIBRATED CORRECTLY. THE COMPANY VOLUNTARILY ALERTED DOCTORS, SENT THEM LISTS OF PATIENTS AFFECTED, AND IS OFFERING FREE RE-TESTS. DR. PETER LURIE, PUBLIC CITIZEN IT'S JUST NOT ENOUGH THE ADVOCACY GROUP PUBLIC CITIZEN SAYS QUEST'S REVELATION EXPOSES A LARGER CONCERN: MANY LAB TESTS ARE NOT REGULATED BY THE FDA. IF A COMPANY INVENTS ITS OWN LAB TEST, AS QUEST DID FOR VITAMIN-D, IT DOES NOT HAVE TO GET FDA APPROVAL TO USE IT. DR. PETER LURIE, PUBLIC CITIZEN THE FDA NEEDS TO REGULATE ALL LABORATORY TESTS AS FAR AS POSSIBLE BUT WITH THE FDA UNDER FIRE ALREADY FOR SO MANY OTHER ISSUES, IT'S UNLIKELY THE AGENCY WILL TAKE ON LAB TESTING METHODS ANYTIME SOON.

JANUARY 10, 2009

LENGTH-00:43

ISSUE-CRIME 1

SHOW TIME-EARLY

FOUR PEOPLE ARE ARRESTED FOR AN ARMED ROBBERY ...AFTER NEIGHBORS WITNESSING THE CRIME ...CALL FOR HELP. IT HAPPENED AROUND 10 LAST NIGHT ... AT A HOME IN THE 900 BLOCK ...OF 35th AveNUE WEST IN BRADENTON. DEPUTIES SAY TWO MEN WERE LURED TO THE HOME BY TWO WOMEN. SHORTLY AFTER THEY ARRIVED ...TWO OTHER MEN SHOWED UP ...ARMED WITH A KNIFE AND A TOY GUN. THEY THEN BEAT UP THE FIRST TWO MEN ...AND STOLE THEIR WALLET'S,,, WHILE THE TWO WOMEN WAITED WITH A GETAWAY CAR. OFFICIALS ARRIVED ON THE SCENE,,, JUST IN TIME TO ARREST THE TWO WOMEN... MICHELLE MCLELLAN .AND

KRYSTAL HARTLEY. THE OTHER TWO INVOLVED, STEPHEN HARTLEY, AND JANUEL (WAN-EL) RUIZ FLED FROM OFFICIALS...BUT THEY WERE ALSO CAUGHT AND ARRESTED. THE VICTIM'S WALLETS WERE RETURNED THEM.

JANUARY 11, 2009

LENGTH-01:08 ISSUE-HEALTH 5 SHOW TIME-EARLY

THE STORY SEEMS TO BE A SIMILAR ONE FOR THE MEN IN THIS ROOM. NEARLY ALL OF THEM HAVE DEALT OR ARE DEALING WITH PROSTATE CANCER. I WENT AND GOT A BIOPSY AND THE BIOPSY INDICATED THAT THERE WAS CANCER IN MY PROSTATE AND THEN I STARTED TO SEARCH FOR TREATMENT. PAUL ZATZ HAS NOW BEEN CANCER FREE FOR 13 YEARS. BUT PROSTATE CANCER IS STILL ON HIS MIND... THE CONFERENCE TODAY WAS PUT ON BY MAN TO MAN ... A PROSTATE CANCER SUPPORT GROUP THAT ZATZ IS A MEMBER OF. WE ARE NOT DOCTORS...WE DON'T DO THAT BUT WE DO PROVIDE OPTIONS TELL THEM WHAT IS GOING ON AND TRY AND HELP THEM ANY WAY WE CAN...WHETHER THEY ARE NEWLY DIAGNOSED WITH CANCER OR IF IT IS A REOCCURRENCE. AT SUNDAY'S SEMINAR DOCTORS INFORMED A PACKED AUDITORIUM OF THE LATEST OPTIONS FOR PROSTATE TREATMENT. WE HAVE A PANEL OF EXPERTS THAT WILL LOOK AT HOW TO DIAGNOSE RECURRENT PROSTATE CANCER AND HOW TO TREAT IT. THERE ARE ADDITIONAL TREATMENTS THAT WERE NOT THERE BEFORE...ADDITIONAL DRUGS...TESTING EQUIPMENT...SO IT IS VERY IMPORTANT FOR MEN TO KEEP UP TO DATE AS TO WHAT IS HAPPENING IN THE FIELD OF PROSTATE CANCER. KEEPING UP-TO-DATE ON THE LATEST NEWS AND INFORMATION CAN HELP LIFT SPIRITS. WHEN YOU HAVE CANCER YOU BECOME VERY UPSET..THIS WAY IF YOU CAN PROVIDE THEM WITH INFORMATION AND OPTIONS YOU CAN START TO GIVE THEM CONTROL BACK IN THEIR LIVES THEY FEEL MUCH BETTER.

JANUARY 12, 2009

LENGTH-00:20 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

HERE'S A LOOK AT WHAT'S AHEAD ON SUNRISE...ANOTHER BAILOUT FOR THE BANKING INDUSTRY MAY BE ON THE WAY... WE'LL TELL YOU HOW MUCH MONEY IS WANTED NOW... VIOLENCE IN GAZA CONTINUES FOR A THIRD WEEK... THE DEATH TOLL HAS CLIMBED TO NEARLY 1-THOUSAND. EMPLOYERS ARE ENCOURAGING THEIR WORKERS TO EXERCISE BY OFFERING PROGRAMS AT THE OFFICE... WE'LL TELL YOU WHY SOME SAY THEY'RE A WIN-WIN SITUATION

LENGTH-01:40

ISSUE-HEALTH 5 SHOW TIME-12:00

JUNE 10TH 2008. A NORMAL SUMMER DAY."I LOOKED OVER AND I SAID, MARTIN, ARE YOU OK?" BUT AS MICHELLE KATZ AND HER HUSBAND MARTIN WERE TALKING, SHE NOTICED HIS FACE TURNING GRAY. IF I CAN DESCRIBE DEATH, THAT'S KIND OF WHAT I WAS SEEING." /// "AND THAT'S WHEN I GRABBED HIM. AND AS I GRABBED HIS HAND, IT WAS ALMOST LIKE PUTTING MY HAND IN A VAT OF ICE CUBES. IT WAS THAT COLD." //// "AND THEN HE STARTED STIFFENING UP." HER TRAINING AS A NURSE FLOODED BACK AND SHE STARTED CPR. "I STARTED PUSHING DOWN ON THE COMPRESSIONS AND JUST SCREAMING AND SAYING, ARE YOU OK, ARE YOU STILL WITH ME? AS SHE SCHREAMED, THE XRAYS SHOW MICHELLE THRUST SO HARD SHE CRACKED HER HUSBAND'S RIBS "I JUST WANTED HIM TO KNOW, EVEN IF HE WASN'T LISTENING TO ME, THAT I WAS NOT GONNA LET SOMEONE DIE IN MY HANDS. AND ESPECIALLY MY OWN HUSBAND. FOR 16 MINUTES SHE PUMPED LIFE INTO MARTIN'S BODY WITH JUST THE FORCE OF HER HANDS. "AND I KEPT ASKING WHAT'S HAPPENING, WHERE ARE THEY? AT LAST, THE AMBULANCE ARRIVED AND, EXHAUSTED, MICHELLE LET THE PARAMEDICS TAKE OVER. "EVEN WHEN I WENT TO THE E-R, I DIDN'T KNOW IF HE WAS ALIVE OR DEAD." HER HUSBAND, MARTIN, WAS ALIVE. A MARATHON RUNNER, AND DOCTOR HIMSELF, HE HAD PULLED THROUGH. BUT NOW HE NEEDED CRITICAL CARE."I KNEW THE DOLLAR SIGNS WERE GOING UP." STILL IN SHOCK, MICHELLE, AUTHOR OF 2 BOOKS ABOUT HOW TO SAVE MONEY ON HEALTHCARE, HAD TO PRACTICE WHAT SHE PREACHES IN HER FREQUENT PUBLIC APPEARANCES. "AND THAT'S WHEN I STARTED DOCUMENTING THINGS." IS JUST PART OF IT." FIRST STEP: ASK FOR AN ITEMIZED BILL AND SCOUR IT FOR MISTAKES. MICHELLE FOUND THE HOSPITAL HAD BILLED FOR A BUNCH OF PROCEDURES THE DAY BEFORE THE HEART ATTACK HAPPENED. "RIGHT OVER HERE IS THE 9TH." "OH, I SEE." "WE DIDN'T GO TO THE ER UNTIL THE 10TH." WATCH OUT FOR EXTRA ZEROES, LIKE SHE SAW ON THE BILL FOR A COMMON MEDICATION . "WHICH IS USUALLY 80-DOLLARS, BUT AS YOU SEE..." "874-DOLLARS!" "YEAH, IT'S A LITTLE OUTRAGEOUS." BEWARE OF WHAT'S CALLED "FAT FINGERS," EXTRA LINE ITEMS. LIKE A MEDICATION THAT WAS LISTED 7 TIMES A DAY EVEN THOUGH IT'S ONLY SUPPOSED TO BE GIVEN FOUR."I FOUGHT THAT AND NEGOTIATED THAT PART DOWN." EL: "WHY DON'T MORE PEOPLE DO THAT?" MICHELLE: "I THINK IT'S FEAR. FEAR OF REJECTION, ACTUALLY." THAT'S MICHELLE'S NUMBER ONE TIP: NEGOTIATE --WITH THE DOCTORS, NOT THE BILLING DEPARTMENT. SOT: MICHELLE] "DOCTORS ARE IN THE FIELD. THEY'RE COMPASSIONATE." IN THE END, MICHELLE NOT ONLY SAVED HER HUSBAND'S LIFE, SHE SAVED 7-THOUSAND DOLLARS ON HIS MEDICAL BILLS

LENGTH-01:21

ISSUE-HEALTH 5

SHOW TIME-6:00

THE SARASOTA COUNTY HEALTH DEPARTMENT AND FEDERAL HEALTH AGENCIES ARE INVESTIGATING COMPLAINTS FROM PEOPLE ON THE SUNCOAST. PEOPLE WHO SAY....THEIR NEW HOMES...STINK. AND THEY THINK...DRYWALL...MADE IN CHINA COULD BE TO BLAME. KRISTIN CULLITON MOVED INTO HER HOME IN LAKEWOOD RANCH ABOUT TWO AND A HALF YEARS AGO. ABOUT A YEAR LATER..SHE NOTICED A STRONG ODOR OF SULFUR IN HER HOME. AN INSPECTOR FOR TAYLOR MORRISON, THE COMPANY THAT BUILT HER HOUSE.. SAID THE SMELL WAS COMING FROM DRYWALL MADE IN CHINA. "I TRIED AIR FRESHNERS, I TRIED AIRING OUT MY HOME, I

HAD NO IDEA WHAT THE SMELL WAS." "THE SYMPTOMS WE'RE HEARING ABOUT ARE MILD RESPIRATORY SYMPTOMS, SUCH AS SCRATCHY THROATS, TIGHTNESS IN CHEST, MAYBE A SLIGHT COUGH, WATERY EYES, A FEW REPORTS OF HEADACHES AND MOST OF THESE SYMPTOMS CLEAR UP WHEN PEOPLE LEAVE THE HOMES." KRISTIN IS NOW SUING TAYLOR MORRISON TO TRY AND GET ALL THE DRYWALL IN HER HOUSE REPLACED

LENGTH-00:55 ISSUE-HEALTH 5 SHOW TIME-11:00

AS LAWMAKERS IN TALLAHASSEE HACK AWAY AT THE STATE BUDGET ...SOME SUNCOAST SERVICE AGENCIES ARE WORRIED. LAST YEAR TIDEWELL HOSPICE PROVIDED END OF LIFE CARE TO 7-THOUSAND PEOPLE HERE ON THE SUNCOAST. TODAY THEY ARE CARING FOR ALMOST 13 HUNDRED PEOPLE. THIS WEEKEND STATE LAW MAKERS SCRAPPED A PROPOSAL TO CUT TIDEWELL OUT OF STATE MEDICAID FUNDING. BUT CHANGES ARE ALSO COMING FROM MEDICARE.HOSPICE WILL STILL GET THE MONEY. BUT MEDICARE WILL SET RULES ON HOW THEY CAN SPEND IT. "THEY WILL SHIFT THE MONEY ... THRU OUT THE ENTIRE PROCESS." BUT THOSE CHANGES WOULDN'T GO INTO AFFECT FOR A COUPLE OF YEARS. MEANWHILE, HOSPICE OFFICIALS SAY THEY'RE TRYING TO COME UP WITH A PLAN TO MAKE IT WORK.

JANUARY 13, 2009

LENGTH-01:30 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

IT'S BAD ENOUGH... (OPEN NAT SOUND) ALL THAT SNEEZING AND WHEEZING... AND YES... THE RUNNY NOSE. (OPEN/LOUD NOSE BLOW) CLASSIC SYMPTOMS OF THE COMMON COLD.SO IS THIS A TIME TO EXERCISE? OR SHOULD YOU AVOID EXERTION ? MANY DOCTORS, IT TURNS OUT, BELIEVE EXERCISING DURING A COLD IS NOT ONLY SAFE... IT MAY ACTUALLY DO A BODY GOOD. DR. MICHAEL JOYNER IS AN EXERCISE RESEARCHER AT THE MAYO CLINIC. DR. WILLIAM SCHAFFNER IS AN INFECTIOUS DISEASE EXPERT AT VANDERBILT UNIVERSITY. BOTH PREFER... "SWEATING OUT" A COLD. "FROM MY OWN PERSONAL EXPERIENCE, I USUALLY FEEL BETTER AFTER EXERCISE WITH A COLD."YOU ABSOLUTELY SHOULD. IT GIVES YOU SOME SHORT TERM RELIEF. IT WILL HELP OPEN UP YOUR SINUSES, PROVIDE SOME DRAINAGE . WHEN ACTUALLY PUT TO THE TEST... PRELIMINARY RESEARCH SUGGESTS, SURPRISINGLY ,... HAVING A COLD DOES NOT LIMIT YOUR ABILITY TO EXERCISE. TESTING PATIENTS ON A TREADMILL BEFORE... AND AT THE PEAK OF THEIR COLDS... RESEARCHERS FOUND NO DIFFERENCE EITHER ON LUNG FUNCTION.... OR EXERCISE CAPACITY BUT WILL YOU GET BETTER... ANY FASTER... WITH EXERCISE?YOU JUST MIGHT. IN ONE STUDY, PATIENTS REPORTED EXERCISE DID NOT WORSEN COLD SYMPTOMS. AND SOME PATIENTS ACTUALLY REPORTED SYMPTOM RELIEF. "EXERCISE CAUSES YOUR ADRENALIN LEVELS TO GO UP. ADRENALIN IS A CHEMICAL RELATED TO ALL THE DRUGS USED TO TREAT COLD SYMPTOMS. SO WHEN YOU EXERCISE, YOU GET A FREE SHOT OF A NATURAL DRUG." BUT IF EXERCISING

DURING A COLD MAY DO YOU SOME GOOD... IT CAN PUT THOSE AROUND YOU AT RISK OF CATCHING THE VERY GERMS... YOU'RE TRYING TO OVERCOME. ESPECIALLY IN A GYM... WHERE PEOPLE GO FROM HANDLING ONE EXERCISE MACHINE TO ANOTHER. IN THE GYM USE THOSE SANITARY WIPES... / ... WIPE OF YOUR EQUIPMENT AFTER YOU'VE USED IT. DO APPROPRIATE HAND WASHING... /... THOSE ARE THE THINGS THAT CAN AVOID SPREADING GERMS AND CATCHING THEM." SO IF YOU'RE FEELING A LITTLE "UNDER-THE-WEATHER " THIS MORNING ... LOOKING FOR AN "EXCUSE" TO SKIP THAT WORKOUT: KEEP LOOKING.

LENGTH-01:02 ISSUE-HEALTH 5 SHOW TIME-11:00

FLORIDA GETS A FAILING GRADES WHEN IT COMES TO HELPING ITS RESIDENTS QUIT SMOKING. THE AMERICAN LUNG ASSOCIATION HAS GIVEN FLORIDA F'S IN TOBACCO PREVENTION, PROGRAMS TO STOP SMOKING AND FOR ITS LOW CIGARETTE TAX. THE GROUP SAYS ABOUT TWENTY PERCENT OF ADULTS IN THE STATE ARE SMOKERS. THEY SAY MORE ANTI-TOBACCO PROGRAMS AND A CIGARETTE TAX COULD REDUCE THE NUMBER OF SMOKERS AND PEOPLE WITH SMOKING-RELATED ILLNESSES. 15:09:12:15 EVEN THOUGH FLORIDA IS FORTUNATE ENOUGH TO HAVE \$60 M THAT IS CONSTITUTIONALLY MANDATING TO SPEND ON THESE TYPES OF PROGRAMS, IT'S NOT ENOUGH WHEN YOU CONSIDER THE AMOUNT OF MONEY THE TOBACCO INDUSTRY IS SPENDING TO PROMOTE ITS PRODUCT. THE CENTERS FOR DISEASE CONTROL RECOMMENDS FLORIDA SPEND 210-MILLION DOLLARS EVERY YEAR ON PREVENTION AND CONTROL PROGRAMS.

JANUARY 14, 2009

LENGTH-00:47 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

IT'S ONE OF THE FIRST VITAMINS PEOPLE REACH FOR WHEN THEY FEEL A COLD COMING ON. BUT VITAMIN C MAY OFFER OTHER HEALTH BENEFITS. PREVIOUS STUDIES SHOW, BESIDES REDUCING THE SEVERITY OF COLD SYMPTOMS... VITAMIN C MAY HELP WITH HEART DISEASE, EYE DISEASE AND CANCER. IT MAY EVEN HELP WOUNDS HEAL FASTER. REGISTERED dietitian ELIZABETH PENNIMAN SAYS THE OPTIMAL DAILY DOSE OF VITAMIN C IS AT LEAST 90 MILLIGRAMS FOR MEN, AND 75 FOR WOMEN. AND THERE ARE MANY WAYS TO GET THIS VITAMIN IN YOUR DIET. "THE OBVIOUS SOURCE WOULD BE ORANGES OR ORANGE JUICE. BUT ANY CITRUS FRUIT, STRAWBERRIES, MELONS, THOSE HAVE A VERY HIGH SOURCE OF VITAMIN C, AS WELL AS YOUR VEGETABLES. BROCCOLI AND SPINACH ARE ALSO EXCELLENT SOURCES, AS WELL AS A POTATO." PENNIMAN SAYS IF YOU EAT THE RECOMMENDED DAILY MOUNT

OF FRUITS AND VEGETABLES-WHICH IS ABOUT NINE SERVINGS-YOU WILL BE GETTING A SUFFICIENT AMOUNT OF VITAMIN C IN YOUR DIET.

LENGTH-00:46 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

THE AVERAGE AMERICAN ADULT GETS 2 COLDS PER YEAR AND CHILDREN CAN CATCH AS MANY AS 10. FREQUENT HAND-WASHING IS THE BEST WAY TO PREVENT THE SPREAD OF COLD VIRUSES , BUT A NEW STUDY SUGGESTS THAT MORE SLEEP COULD HELP KEEP YOU HEALTHY AS WELL. RESEARCHERS AT CARNEGIE MELLON UNIVERSITY STUDIED THE SLEEP HABITS OF MORE THAN 150 YOUNG AND MIDDLE-AGED ADULTS. THEN THEY DELIBERATELY EXPOSED THE VOLUNTEERS TO THE COMMON COLD VIRUS. RESULTS SHOWED THAT PEOPLE WHO SLEPT LESS THAN SEVEN HOURS PER NIGHT WERE THREE TIMES MORE LIKELY TO DEVELOP A COLD AS THOSE WHO SLEPT EIGHT HOURS OR MORE. FEELING WELL-RESTED DIDN'T MATTER - IT WAS THE AMOUNT OF TIME THE PARTICIPANTS SLEPT EACH NIGHT THAT WAS THE KEY. POOR SLEEPERS WHO SPENT LOTS OF TIME IN BED AWAKE WERE MORE THAN FIVE TIMES AS LIKELY TO CATCH A COLD AS THOSE WHO FELL ASLEEP RIGHT AWAY. RESEARCH SHOWS THAT GOOD SLEEPING HABITS HELP SUPPORT A HEALTHY IMMUNE SYSTEM, WHICH KEEPS COLDS AND OTHER ILLNESSES AWAY.

LENGTH-03:52 ISSUE-HEALTH 5 SHOW TIME-12:00

CHARLES MEADOWS KNEW HIS PAINFUL LEG CRAMPS MEANT SOMETHING WAS WRONG. SOT/FULL SUPER @ :04 CHARLES MEADOWS HAS PERIPHERAL ARTERIAL DISEASE RUNS : 06 I COULD WALK MAYBE A BLOCK THEN I HAD TO STOP AND REST AND I KNEW THIS IS NOT NORMAL.GFX PERIPHERAL ARTERIAL DISEASE ROLL DR. MCDERMOTT IN HER OFFICE/CHARLES W/TRAINER IN WORKOUT ROOM AFTER HIS DOCTOR DIAGNOSED HIM WITH PERIPHERAL ARTERIAL DISEASE - BLOCKAGES IN THE ARTERIES THAT REDUCES BLOOD FLOW TO THE LEGS - HE ENROLLED IN A STUDY BEING LED BY DR. MARY MCDERMOTT, OF NORTHWESTERN UNIVERSITY'S FEINBERG SCHOOL OF MEDICINE, EXAMINING WHETHER SUPERVISED EXERCISE COULD IMPROVE THE WALKING PERFORMANCE OF PATIENTS WITH THE CONDITION. 15 "THE PATIENTS IN THE STUDY WERE ASSIGNED BY CHANCE TO ONE OF 3 GROUPS, ONE BEING THE SUPERVISED TREADMILL EXERCISE, ONE BEING THE LEG STRENGTHENING WITH A TRAINER AND THE THIRD BEING A CONTROL GROUP THAT DID NOT GET ANY EXERCISE." GFX/JAMA COVER BROLL CHARLES MEADOWS WORKING OUT THE STUDY APPEARS THIS WEEK IN JAMA, JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, AND WAS THE FIRST OF ITS KIND TO INCLUDE PATIENTS BOTH WITH AND WITHOUT INTERMITTENT CLAUDICATION - THE CLASSIC SYMPTOM OF PERIPHERAL ARTERIAL DISEASE, DEFINED AS LEG PAIN THAT OCCURS WHILE WALKING THAT GOES AWAY WITH REST. 17 "PATIENTS WITH PERIPHERAL ARTERIAL DISEASE, EVEN WHEN THEY DON'T HAVE CLASSIC SYMPTOMS STILL HAVE SIGNIFICANT IMPAIRMENT IN THEIR FUNCTIONAL PERFORMANCE AND AN INCREASED RATE OF FUNCTIONAL DECLINE OVER TIME." RIC SIGNAGE GFX/2 PAGES STUDY FINDINGS AT 6 MONTHS:TREADMILL EXERCISE GROUP: IMPROVED WALKING ABILITY OFF THE TREADMILL ON THE TREADMILL IMPROVED QUALITY OF LIFE IMPROVED OVERALL CARDIOVASCULAR HEALTH LEG STRENGTHENING GROUP: IMPROVED WALKING ABILITY ON THE TREADMILL IMPROVED STAIR CLIMBING ABILITY IMPROVED

QUALITY OF LIFE THE RESEARCH WAS CONDUCTED AT THE REHABILITATION INSTITUTE OF CHICAGO AND REVEALED THAT AFTER 6 MONTHS, PATIENTS IN THE TREADMILL EXERCISE GROUP IMPROVED THEIR WALKING ABILITY SIGNIFICANTLY - BOTH OFF AND ON THE TREADMILL - AND ALSO SAW IMPROVEMENT IN THEIR QUALITY OF LIFE AND OVERALL CARDIOVASCULAR HEALTH. PATIENTS IN THE LEG STRENGTHENING GROUP IMPROVED THEIR TREADMILL WALKING ENDURANCE, THEIR REPORTED ABILITY TO CLIMB STAIRS AND ALSO THEIR QUALITY OF LIFE THE STUDY CLEARLY DEMONSTRATES THAT PATIENTS WITH PERIPHERAL ARTERIAL DISEASE WHETHER OR NOT THEY HAVE THE CLASSIC SYMPTOMS OF INTERMITTENT CLAUDICATION BENEFIT FROM SUPERVISED TREADMILL EXERCISE - AND ALSO HAVE SOME BENEFIT FROM RESISTANCE TRAINING OF THE LEGS. BROLL CHARLES ON TREADMILL CHARLES MEADOWS SUMS IT UP BEST: I WAS ABLE TO WALK WITH LESS PAIN (EDIT) AND I FELT BETTER! ALL AROUND I FELT BETTER. . THIS IS HALEY WELDON WITH THE JAMA REPORT. THE RESEARCH TEAM WILL FOLLOW THE STUDY PATIENTS FOR ANOTHER 6 MONTHS TO SEE IF RESULTS CAN BE MAINTAINED THROUGH UNSUPERVISED EXERCISE AT HOME. FOR MORE INFORMATION ABOUT THIS STUDY YOU CAN LOG ON TO WWW.JAMA.COM PLEASE SEE THE COMPLETE STUDY FOR ADDITIONAL INFORMATION, INCLUDING OTHER ,AUTHOR CONTRIBUTIONS AND AFFILIATIONS, FINANCIAL DISCLOSURES, FUNDING AND SUPPORT, ETC. TO CONTACT DR. MARY MCDERMOTT, CALL (312) 503-6419 JAMA. 2009; 301(2):165- 174. MARY MCDERMOTT, MD PROFESSOR OF MEDICINE NORTHWESTERN UNIVERSITY, FEINBERG SCHOOL OF MEDICINE QUOTE 1 PEOPLE WITH PERIPHERAL ARTERIAL DISEASE CAN TYPICALLY WALK JUST A SHORT DISTANCE BEFORE THEY NEED TO STOP AND REST BEFORE THEY CAN RESUME WALKING AGAIN FOR ANOTHER SHORT DISTANCE. QUOTE 2 WHAT SURPRISED ME WAS THE LEG STRENGTHENING GROUP HAD SIGNIFICANT IMPROVEMENT IN THE TIME THAT THEY COULD WALK ON A TREADMILL, ALSO THE ABILITY TO WHICH THEY IMPROVED THEIR STAIR CLIMBING ABILITY ACCORDING TO THEIR REPORT WAS SOMEWHAT SURPRISING AND ALSO WE WERE PLEASED AND SURPRISED TO FIND THAT PATIENTS IN THE TREADMILL GROUP HAD IMPROVED IN THEIR OVERALL CARDIOVASCULAR HEALTH. QUOTE 3 THERE ARE VERY FEW TREATMENT OPTIONS FOR PATIENTS WITH PERIPHERAL ARTERIAL DISEASE WHEN IT COMES TO IMPROVING THEIR WALKING PERFORMANCE. SO THERE ARE ONLY TWO MEDICATIONS THAT ARE FDA APPROVED FOR THIS CONDITION, UM AND THAT'S IT. SO IT'S REALLY IMPORTANT FOR US TO FIND INTERVENTIONS THAT CAN HELP THEM IMPROVE THEIR WALKING PERFORMANCE. CHARLES MEADOWS HAS PERIPHERAL ARTERIAL DISEASE QUOTE 1 I STARTED OUT PUSHING MAYBE 200 POUNDS WITH THE WEIGHTS, AND LIKE I SAID, BEFORE I WAS THROUGH, WHEN MY 6 MONTHS WERE UP, I WAS PUSHING ALMOST 400 POUNDS, JUST WITH MY LEGS. QUOTE 2 I GAINED A LOT OUT OF THE PROGRAM, YOU KNOW I LEARNED HOW TO LIFT, I LEARNED, ACTUALLY, HOW WOULD YOU SAY IT, BREATHE PROPERLY. THE PROPER TECHNIQUES ACTUALLY HELPED A LOT TOO...JAMA MEDIA RELATIONS, (312) 464-JAMA / (312) 464-2499 WOULD YOU LIKE TO SEND THIS EMAIL TO A FRIEND?

LENGTH-00:11 ISSUE-CRIME 1 SHOW TIME-6:00

A FUGITIVE FROM TEXAS IS CAPTURED IN SARASOTA. CARLOS MELGAR WAS ARRESTED YESTERDAY.. HE'S WANTED FOR A PROBATION VIOLATION FOR FELONY INDECENCY TO A CHILD. MELGAR HAS BEEN LIVING IN THE SARASOTA AREA FOR A YEAR.

LENGTH-00:33

ISSUE-CRIME 1

SHOW TIME-6:00

A WARNING FROM THE MANATEE COUNTY CLERK OF THE COURT.. ABOUT A JURY SCAM. A PERSON CLAIMING TO BE AN EMPLOYEE WITH THE CLERK'S OFFICE.. CALLS YOU AND SAYS YOU DIDN'T SHOW UP FOR JURY DUTY. THEY SAY AN ARREST WARRANT IS OUT FOR YOU..THE CALLER SAYS THEY CAN VERIFY THE ARREST WARRANT IF YOU GIVE THEM YOUR SOCIAL SECURITY NUMBER, BIRTH DATE, OR CREDIT CARD NUMBER. THAT INFORMATION IS THEN USED TO COMMIT IDENTITY THEFT. OFFICIALS WANT YOU TO KNOW THE CLERK'S OFFICE DOES NOT CALL SUMMONED JURORS. YOU CANNOT BE ARRESTED FOR MISSING JURY DUTY. COURT OFFICIALS WILL ALSO NEVER REQUEST PERSONAL INFORMATION ON THE PHONE.

LENGTH-00:32

ISSUE-HEALTH 5

SHOW TIME-11:00

MORE PROOF LAUGHTER REALLY IS THE BEST MEDICINE. DOCTORS AT THE AMERICAN PAIN AND WELLNESS CLINIC IN TEXAS ARE NOW PRESCRIBING A MONTHLY "LAUGHTER CLUB." AND THERE IS GROWING EVIDENCE THAT A GIGGLE HAS TRUE MEDICINAL MERIT. EXPERTS SAY IT RAISES THE HEART RATE, LOWERS BLOOD PRESSURE, AND CAN EVEN IMPROVE THE IMMUNE SYSTEM."PEOPLE DON'T NEED TO TAKE AS MUCH PAIN MEDICINE WHEN THEY FEEL BETTER,"FAKE LAUGHING DOES WORK. IT WORKS BECAUSE THE BODY CAN'T TELL WHETHER IT'S REAL OR NOT." SEVERAL MINUTES OF GENUINE BELLY LAUGHTER IS EVEN SAID TO HAVE AN EFFECT ON THE BODY LIKE ANESTHESIA.

JANUARY 15, 2009

LENGTH-01:59

ISSUE-ELDERLY 7

SHOW TIME-12:00

PAUL ROLLINS AND JAN MORAN RETIRED IN ASHEVILLE, NORTH CAROLINA FOR THE MOUNTAINS, THE MILD CLIMATE, AND A DOWNTOWN SO CHARMING THE CITY IS SOMETIMES CALLED THE PARIS OF THE SOUTH. ((BS WITH PAUL AND JAN)) BS: "AND THEN THE MARKET CRASHED." PAUL: "YEAH." // OUR RETIREMENT HAS BEEN DEPLETED BY 40 TO 50 PERCENT..." RETIRED COLLEGE PROFESSOR GIORGIO CAVE LOST HALF A MILLION DOLLARS IN TWO MONTHS. GIORGIO CAVE/ COLLEGE PROFESSOR "ONE DAY YOU'RE FEELING QUITE AFFLUENT. THE NEXT DAY YOU'VE LOST HALF OF WHAT YOU HAD THAT YOU BUILT UP OVER A LIFETIME." WHILE YOUNGER AMERICANS CAN LIVE OFF THEIR INCOMES WHILE THEY WAIT FOR THE MARKET TO RECOVER, RETIREES NEED THEIR SAVINGS NOW. PAUL ROLLINS/ RETIREE "THE PROBLEM IS...WE'RE HAVING TO TAKE MONEY OUT OF OUR RETIREMENT AT THE TIME WHEN IT'S MOST DEPRESSED." THOSE HEAVY LOSSES ARE TRANSLATING INTO LOSSES FOR THE COMMUNITIES THEY LIVE IN, TOO. BETSY STARK/ ABC NEWS BUSINESS CORRESPONDENT "HERE IN ASHEVILLE AFTER 13 STRAIGHT YEARS OF

RECORD-BREAKING GROWTH, THE ECONOMY HAS FLATLINED." ((GFX)) SO WHAT'S THE FIX? -- JAN AND GIORGIO...AND 1 IN 4 RETIREES IN A RECENT SURVEY... ARE LOOKING FOR WORK. BUT ALMOST NO ONE IS HIRING. PAUL SAYS HE'S PREPARED TO SELL HIS HOUSE... BUT BUYERS ARE SCARCE. JOY KENEFICK, WACHOVIA SECURITIES "THEY CAN'T CONTROL THE MARKET, THEY CAN'T CONTROL THE ECONOMY, BUT WHAT THEY CAN CONTROL IS THEIR CONSUMPTION..." FINANCIAL ADVISERS SAY IN THE SHORT-TERM RETIREES CAN ALSO RAISE CASH BY SELLING A CAR, JEWELRY, AND FURNITURE... LONGER TERM, THE OBAMA ADMINISTRATION IS CONSIDERING MANDATORY ENROLLMENT OF WORKERS IN RETIREMENT SAVINGS PLANS AND GUIDELINES FOR INVESTING THOSE SAVINGS THAT COULD PROTECT OLDER WORKERS FROM STOCK MARKET DOWNTURNS. BUT RETIREMENT EXPERTS SAY THE NATION NEEDS AN EVEN BIGGER FIX. ALICIA MUNNELL, CENTER FOR RETIREMENT RESEARCH "401K PLANS ARE TOO EXPOSED TO THE MARKET TO BE THE ONLY SOURCE OF RETIREMENT INCOME IN ADDITION TO SOCIAL SECURITY. WE NEED AN EXTRA TIER THAT IS PROTECTED FROM THESE FLUCTUATIONS." MORE LIKE A TRADITIONAL PENSION -- WITH A FIXED PAYOUT -- THAN AN INVESTMENT ACCOUNT THAT MOVES UP AND DOWN WITH THE STOCK MARKET. FOR NOW, GIORGIO HAS PAID HIS EXPENSES TO THE BONE. AND JAN AND PAUL HAVE PUT THEIR FUTURES BACK ON THE DRAWING BOARD. PAUL ROLLINS/ RETIREE "WE VACILLATE BETWEEN BEING TRAUMATIZED BY IT AND INVIGORATED BY IT. THIS OPENS UP SOME POSSIBILITIES THAT WE HAVE TO REINVENT OURSELVES..."

LENGTH-00:33 ISSUE-CRIME 1 SHOW TIME-5:00

IN BRADENTON, CRIME IS DOWN FOR THE FIFTH STRAIGHT YEAR. ACCORDING TO BRADENTON'S POLICE CHIEF, THE EARLY NUMBERS SHOW THAT THAT OVERALL CRIME IN THE CITY DROPPED 5 PERCENT LAST YEAR. OVER THE PAST FIVE YEARS MURDERS HAVE DROPPED 22 PERCENT... SEX-RELATED CRIMES DROPPED ALMOST 60 PERCENT... BURGLARIES DROPPED BY MORE THAN 43 PERCENT, AND VEHICLE THEFT DROPPED 65 PERCENT...THE ONLY INCREASE...AGGRAVATED ASSAULTS WHICH WENT UP TO 31 PERCENT. MAYOR WAYNE POSTON SAYS THE LOWER NUMBERS ARE DIRECTLY RELATED TO A COMMUNITY POLICING APPROACH IMPLEMENTED IN 2003 BY POLICE CHIEF MICHAEL RADZILOWSKI. IT ASSIGNS THE SAME PATROL OFFICERS TO SPECIFIC NEIGHBORHOODS, WHICH CREATES A RELATIONSHIP BETWEEN OFFICERS AND RESIDENTS.

JANUARY 16, 2009

LENGTH-00:51 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

IT'S THE MIDDLE OF WINTER AND THESE HOMES IN CHICAGO ARE SEALED UP TIGHTLY, AND THAT CAN CREATE PROBLEMS INDOORS. AS PEOPLE SPEND MORE TIME INSIDE THEY'RE GETTING EXPOSED TO ALL THE THINGS THAT AREN'T CIRCULATING.

ALLERGIST KATHLEEN SHEERIN SAYS STAGNANT AIR LEADS TO A COMMON FORM OF INDOOR AIR POLLUTION.FOR SOME PEOPLE WHO AREN'T ALLERGIC IT CAN JUST MAKE YOU STUFFY AND YOUR EYES A LITTLE IRRITATED, BUT IF YOU'RE ONE OF THE 20% OF THE POPULATION WHO HAS ALLERGIES IT MAY CAUSE THE SAME REACTION THAT YOU SEE AT THE HEIGHT OF SPRING.SHEERIN SAYS PET DANDER, CIGARETTE SMOKE AND EVEN PARTICLES FROM A FIREPLACE CAN IRRITATE DELICATE SINUS PASSAGES. SHE RECOMMENDS DOING SOME WINTER CLEANING, STARTING WITH THE FURNACE. INSTALL FILTERS THAT EFFECTIVELY TRAP PARTICLES FLOATING IN THE AIR.USE EXHAUST FANS TO HELP REDUCE MOISTURE AND MOLD BUILDUP.REMOVE CARPETING THAT HARBORS DUST MITES.AND CONSIDER CRACKING OPEN A WINDOW WHENEVER POSSIBLE.SHEERIN SAYS, IF YOU DON'T SUFFER FROM OUTDOOR ALLERGIES DURING THIS TIME OF YEAR, IT MAY BE THE BEST WAY TO CLEAR THE AIR.

JANUARY 17, 2009

LENGTH-01:09 ISSUE-HEALTH 5 SHOW TIME-LATE

A SWEEPING WARNING TONIGHTABOUT ONE OF AMERICA'S FAVORITE FOODS...PEANUT BUTTTER FEDERAL OFFICIALSSAY DOZENS OF PRODUCTS =MADE= WITH PEANUT SHOULD NOT BE EATEN BECAUSE THEY MAY BE CONTAMINATION WITH SALMONELLA. "SEEING THAT THESE CASES THAT ARE SCATTERED HERE AND THERE AROUND THE COUNTRY ARE LINKED, DOING THE LABORATORY WORK AND THEN DOING THE STUDY THAT IMPLICATING THE PEANUT BUTTER, THAT TAKES A LOT OF TIME AND EFFORT. IT'S MUCH MORE DIFFICULT THAN IT APPEARS AT FIRST GLANCE." THE NATIONWIDE OUTBREAK IS NOW LINKED TO 470 ILLNESSES AND 6 DEATHS. OFFICIALS BELIEVE THE SALMONELLA CAN BE TRACED TO THIS PLANT IN BLAKELY GEORGIA OWNED BY THE PEANUT CORPORATION OF AMERICA. "GIVEN THE SIZE OF THE OUTBREAK AND SEVERITY OF THE ILLNESSES, IT'S CRITICALLY IMPORTANT THAT THE GOVERNMENT MOVE AS FAST AS IT CAN TO REALLY NAIL DOWN THE FOOD SOURCE." FEDERAL OFFICIALS ARE SCRUTINIZING DOZENS OF COMPANIES THE PLANT SUPPLIES. SOME OF THOSE COMPANIES ARE VOLUNTARILY PULLING THEIR PRODUCTS FROM SHELVES , INCLUDING KELLOGG'S WHICH IS RECALLING 16 OF ITS PRODUCTS INCLUDING KEEBLER PEANUT BUTTER SANDWICH CRACKERS, KEEBLER SOFT BATCH HOMESTYLE PEANUT BUTTER COOKIES AND SOME SNACK-SIZE PACKS OF FAMOUS AMOS PEANUT BUTTER COOKIES. SOME STATE HEALTH OFFICIALS SAY THEY BELIEVE THE OUTBREAK WHICH BEGAN IN SEPTEMBER MAY BE EVEN WIDER THAN HAS ALREADY BEEN REPORTED.

JANUARY 18, 2009

NOTHING

JANUARY 19, 2009

LENGTH-001:23 ISSUE-CRIME 1 SHOW TIME-SUNRISE

SARASOTA COUNTY SHERIFF'S DEPUTIES ARE LOOKING FOR 75-YEAR-OLD ART NADEL... ON WEDNESDAY... HE WAS REPORTED MISSING BY HIS WIFE. SHERIFF'S DEPUTIES SAY A NOTE LEFT BY NADEL WAS FOUND AT HIS HOUSE. IT TALKED ABOUT HOW HE WAS DISTRAUGHT AND WAS LEAVING. NADEL'S VEHICLE WAS LATER FOUND AT THE SARASOTA BRADENTON INTERNATIONAL AIRPORT. SHERIFF'S DEPUTIES SAY NADEL LEFT ON HIS OWN WILL. RIGHT NOW, DEPUTIES ARE WORKING ON A FEW LEADS AS TO NADEL'S WHEREABOUTS. ACCORDING TO PUBLIC RECORDS OVER THE YEARS NADEL HAS BEEN CONNECTED TO DOZENS OF SUNCOAST BUSINESSES AND HAS BEEN A PROMINENT MEMBER OF THE COMMUNITY. ART NADEL HAS BEEN DESCRIBED AS A MONEY MANAGER AND DEPUTIES THINK HE MAY BE LINKED TO THE MISSING MONEY. DETECTIVES SAY HUNDREDS OF MILLIONS OF DOLLARS IS INVOLVED. SOME ARE CALLING THE THEFT... A PONZI SCHEME. WHICH IS A TYPE OF ILLEGAL PYRAMID SCAM. IT'S LIKE ROBBING PETER TO PAY PAUL. THE SCHEME WORKS WHEN INVESTORS GIVE MONEY... THEN AS MORE INVESTORS CONTRIBUTE... SOME OF THAT MONEY IS GIVEN BACK TO THE ORIGINAL INVESTORS...UNTIL EVENTUALLY THE SCHEME CRUMBLES. DETECTIVES SAY MULTIPLE VICTIMS HAVE ALREADY COME FORWARD. AND NOT JUST INDIVIDUALS... BUT ORGANIZATIONS AS WELL. THE SARASOTA Y-M-C-A AND THE SARASOTA BALLET RECEIVED A FINANCIAL ENDOWMENT WHICH MAY HAVE BEEN INVESTED INTO THE SCHEME. A Y-M-C-A REPRESENTATIVE TELLS ABC 7 THEY WERE TOLD THE MONEY IS GONE. DETECTIVES BELIEVE MANY MORE PEOPLE COULD BE INVOLVED. IT IS APPARENT THAT THERE HAS BEEN A LARGE SCALE THEFT OF MONEY AND AS SOON AS WE CAN FIGURE OUT MORE WE ARE ASKING FOR VICTIMS...WE KNOW THAT THERE ARE MORE THAN ONE VICTIM...WE'VE BEEN CONTACTED BY MORE THAN ONE VICTIM SO IF ANYBODY HAS ANY INFORMATION OR THEY'VE BEEN VICTIMIZED THEY CAN CALL THE SARASOTA POLICE DEPARTMENT.

LENGTH-00:49 ISSUE-WOMEN 8 SHOW TIME-12:00

A NEW BABY IS JOY FOR MOST PARENTS, BUT MOTHERS SUFFERING FROM POSTPARTUM DEPRESSION OFTEN HAVE TROUBLE BONDING WITH THEIR INFANTS. THEY FEEL ANXIOUS, IRRITABLE, AND UNHAPPY. THE DEPRESSION CAUSES THEM TO HAVE TROUBLE CARING FOR THEIR BABIES AND THEMSELVES. BUT NEW RESEARCH FINDS THAT POSTPARTUM DEPRESSION CAN BE EFFECTIVELY TREATED POTENTIALLY EVEN PREVENTED - WITH THE RIGHT KIND OF HELP. A BRITISH STUDY OF 4000 NEW MOTHERS FOUND THAT THOSE WHO RECEIVED VISITS FROM A HEALTH AID TRAINED TO RECOGNIZE & TREAT POSTPARTUM DEPRESSION WERE 40 PERCENT LESS LIKELY TO HAVE DEPRESSION SYMPTOMS 3 MONTHS AFTER GIVING BIRTH AND SOMETIMES JUST TALKING TO A MOM WHO HAS BEEN IN THE SAME SITUATION CAN HELP. A STUDY FROM CANADA FOUND MOTHERS WERE HALF AS LIKELY TO DEVELOP SYMPTOMS WHEN THEY SPOKE BY TELEPHONE WITH WOMEN WHO HAD SUFFERED POSTPARTUM DEPRESSION IN THE PAST. EXPERTS RECOMMEND WOMEN TALK TO THEIR DOCTORS IF THEY HAVE SADNESS, ANGER, A LOSS OF APPETITE OR OTHER DEPRESSION SYMPTOMS LASTING LONGER THAN TWO WEEKS

LENGTH-00:42 ISSUE-HEALTH 5 SHOW TIME-5:00

A NEW TREND IN PAIN MEDICATION. PEOPLE SUFFERING WITH EXCRUCIATING NERVE PAIN FROM BACK INJURIES, M-S AND MUSCULAR DYSTROPHY ARE TURNING TO A NEW CLASS OF DRUGS. THEY'RE INFUSED DIRECTLY TO THE PATIENT'S SPINE THROUGH AN INFUSION DEVICE. AND THEY'RE NOT YOUR TYPICAL PAIN KILLERS. AND DR. DONALD ERB TELLS ME.. THE DRUGS HAVE EXOTIC SOUNDING NAMES.. AND ORIGINS.. BUT THEY'RE MUCH MORE EFFECTIVE THAN OLDER MEDICATIONS."THE HOT NEW MEDICATION IS CALLED ZICONATIDE. IT COMES FROM THE CONUS MAGNUS SNAIL FROM THE SOUTH PACIFIC. ITS A 25 AMINO ACID PEPTIDE THAT WOULD BE DIGESTED IF WE GAVE IT ORALLY INTO THE STOMACH OR THROUGH THE MOUTH. BUT WHEN WE INFUSE IT INTO THE SPINAL SPACE, THE MEDICATION CAN BE VERY EFFECTIVE, SOMETIMES ABOUT ONE THOUSAND TIMES MORE EFFECTIVE THAN MORPHINE, WITHOUT ALL OF THE SIDE EFFECTS. "

LENGTH-00:44 ISSUE-HEALTH 5 SHOW TIME-6:00

THE PUMP IS ABOUT THE SIZE OF A HOCKEY PUCK. IT'S IMPLANTED INTO THE PATIENT'S ABDOMEN... AND SENDS MEDICATION THROUGH A TINY CATHETER TO THE SPINE. IT HOLDS ABOUT 4 TEASPOONS OF MEDICINE, WHICH LASTS A FEW MONTHS. WE CAUGHT UP WITH PATIENTS ON REFILL DAY AT SARASOTA MEMORIAL HOSPITAL. JUST A SIMPLE INJECTION. AND WHAT'S REALLY COOL IS WHAT DOCTORS ARE ABLE TO PUT INTO THE PUMPS THESE DAYS. POWERFUL PAIN KILLERS, AND MUSCLE RELAXANTS, AND HERE'S A COOL ONE-- SYNTHETIC VENOM FROM AN AUSTRALIAN SEA SNAIL. THESE MEDICATIONS ARE UP TO A THOUSAND TIMES STRONGER THAN MORPHINE. AND DOCTOR DONALD ERB TELLS ME.. THEY WORK FASTER WITH FEWER SIDE EFFECTS THAN ORAL MEDICATION. THESE PUMPS ARE FOR PEOPLE LIKE KENNETH HOLMAN. HE TURNED TO THE PUMP AFTER SUFFERING EXCRUCIATING PAIN FROM A BACK INJURY, AND ORAL MEDICATION WASN'T WORKING. "IT RELIEVED PAIN THAT WAS UNBEARABLE. I WAS AT WITS END AND I HIGHLY RECOMMEND THIS PUMP."

JANUARY 20, 2009

LENGTH-00:42 ISSUE-HAELTH 5 SHOW TIME-SUNRISE

FROM SOME ACROSS THE COUNTRY IT'S COLD OUTSIDE, BUT NOT COLD ENOUGH TO STOP EXERCISING. HEALTH EXPERTS SAY COLD TEMPERATURES ARE NO EXCUSE TO PUT THE FREEZE ON WORKING OUT DURING THE WINTER MONTHS.IT'S SAFE TO GO FOR A RUN OR BIKE IN THE COLD IF YOU TAKE A FEW PRECAUTIONS, LIKE MAKING SURE TO DRESS IN LAYERS AND IN CLOTHES THAT DRAW MOISTURE AWAY FROM YOUR BODY. AND BE SURE TO WARM UP PROPERLY. "YOU WANT TO MAKE SURE AS ALWAYS THAT YOU DO GOOD STRETCHING BEFORE YOU START AND THEN ALSO MAYBE EVEN JUST WARM-UP WITH JUST A FEW MINUTES OF AEROBIC ACTIVITY IN

THE HOUSE BEFORE YOU HEAD OUTSIDE." AND WHEN YOU COME HOME, TAKE A FEW MINUTES TO GET USED TO THE TEMPERATURE IN THE HOUSE BEFORE YOU PULL ALL YOUR CLOTHES OFF. AND, IF YOU'RE SOMEONE WHO HASN'T WORKED OUT A LOT IN THE PAST, YOU SHOULD CHECK WITH YOUR DOCTOR BEFORE STARTING TO EXERCISE OUTSIDE.

LENGTH-00:51 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

RATES OF OBESITY ARE SLIGHTLY LOWER IN MEN THAN IN WOMEN, AND NEW RESEARCH SUGGESTS ONE POSSIBLE REASON WHY - MEN MAY BE BIOLOGICALLY MORE CAPABLE OF SUPPRESSING THEIR APPETITES. SCIENTISTS AT THE BROOKHAVEN NATIONAL LABORATORY TESTED 23 NON-OBESE MEN AND WOMEN WITH THEIR FAVORITE FOODS. THE VOLUNTEERS FASTED FOR 17 HOURS PRIOR TO THE EXPERIMENT. NEXT, THEY UNDERWENT PET SCANS OF THEIR BRAINS WHILE THE RESEARCHERS PRESENTED THEM WITH THEIR FAVORITE FOODS - PIZZA, CHEESEBURGERS, BARBECUED RIBS, ICE CREAM, AND BROWNIES. THE VOLUNTEERS WERE TOLD TO RESIST THEIR HUNGER BY IGNORING IT AND THINKING OF OTHER THINGS. BOTH MEN AND WOMEN REPORTED FEELING LESS HUNGRY WHILE SUPPRESSING THEIR APPETITES, BUT ONLY MEN'S BRAINS SHOWED DECREASES IN ACTIVITY IN AREAS THAT RESPOND TO FOOD. GENDER DIFFERENCES IN HORMONES MAY PARTLY EXPLAIN THE DISCREPANCY. RESEARCHERS SAY THE FINDINGS SUGGEST THAT WOMEN MAY BELIEVE THEY ARE CONTROLLING THEIR APPETITES, BUT THEIR UNDERLYING DRIVE TO EAT REMAINS STRONG, MAKING IT MORE DIFFICULT TO RESIST FOOD IN THE LONG RUN.

LENGTH-00:20 ISSUE-CRIME 1 SHOW TIME-11:00

A TAMPA MAN IS CHARGED WITH ATTEMPTED MURDER. POLICE SAY HE ATTACKED HIS GIRLFRIEND WITH A SAMURAI SWORD. POLICE SAY EDWIN RENNOLDS THE THIRD OF CLEARWATER SLASHED HIS GIRLFRIEND IN THE FOREHEAD WITH THE SWORD OVER THE WEEKEND. HE'S ALSO CHARGED WITH TAMPERING WITH EVIDENCE. HE'S ACCUSED OF WASHING THE BLOODY SHEETS AND A MATTRESS COVER BEFORE POLICE ARRIVED.

JANUARY 21, 2009

LENGTH-00:51 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

ALAN FRANCO IS IN THE BUSINESS OF WEALTH MANAGEMENT. WHEN HE OPENS HIS MOUTH, HIS DENTIST SAYS SHE SEES THE RESULTS OF A STRESSFUL JOB. THOUGH MANY PEOPLE WANT TO DENY THAT IT'S RELATED TO STRESS, I DEFINITELY SEE A

CORRELATION BETWEEN STRESS AND GRINDING. TEETH GRINDING, OR BRUXISM AS IT IS FORMALLY CALLED. DR. JANE PUSKAS SAYS IT IS A COMMON CONDITION AFFECTING NEARLY HALF HER PATIENTS. BRUXISM IS WHEN YOUR TOOTH GRINDING IS NOT A NORMAL PATTERN. YOU'RE CLENCHING OR GRINDING THEM TOGETHER, NOT TO CHEW BUT TO RUB YOUR TEETH TOGETHER. DR. PUSKAS SAYS IT MOST OFTEN HAPPENS AT NIGHT WHEN PATIENTS SLEEP AND THEY AREN'T EVEN AWARE OF THE HABIT UNTIL THEY START FEELING THE SYMPTOMS. GENERALIZED TOOTH PAIN, JAW PAIN, HEADACHES, DIFFICULTY OPENING, SOMETIMES YOU'LL HEAR NOISE IN THE T-M-J AND EVEN SOMETIMES TEMPERATURE SENSITIVITY. LEFT UNTREATED, BRUXISM CAN LEAD TO WORN DOWN, FLATTENED OR CHIPPED TEETH. DR. PUSKAS OFTEN RECOMMENDS A CUSTOM-MADE MOUTH GUARD THAT'S WORN AT NIGHT. ALAN STARTED USING ONE OVER A YEAR AGO AND HIS DENTIST ALREADY SEES THE DIFFERENCE.

LENGTH-03:26 ISSUE-HEALTH 5 SHOW TIME-12:00

FROM STRONGER MUSCLES TO A HEALTHIER BODY, WE ALL KNOW THAT EXERCISING HAS MANY BENEFITS. UNFORTUNATELY, AS OUR AGE ADVANCES, OUR ABILITY TO EXERCISE TYPICALLY DIMINISHES. THIS IS A MAJOR CAUSE OF DISABILITY AND DECLINE IN FUNCTIONAL CAPACITY AS PATIENTS' AGE. THE ABILITY OF A PATIENT TO EXERCISE IS IMPORTANT FOR A WHOLE VARIETY OF THINGS BUT ESSENTIALLY, IT'S A MAJOR DETERMINATE OF QUALITY OF LIFE. EXERCISE CAPACITY IS OFTEN LINKED TO AN INEVITABLE DECLINE IN MAXIMAL HEART RATE OVER TIME. BUT PATRICIA PELLIKKA, PROFESSOR OF MEDICINE AT THE MAYO CLINIC, AND HER COLLEAGUES, UTILIZED THE LATEST TECHNOLOGY TO EXPLORE HOW DIFFERENT FEATURES OF HEART FUNCTION MAY IMPACT A PERSON'S ABILITY TO EXERCISE, IN HOPES OF IDENTIFYING POTENTIALLY REVERSIBLE FACTORS. WE USE HIGH-FREQUENCY SOUND WAVES AND BOUNCE THEM OFF THE BLOOD AND OFF THE HEART MUSCLE ITSELF AND THE SOUND WAVES ARE REFLECTED BACK TO THE TRANSDUCER. THE STUDY, FEATURED THIS WEEK IN JAMA, THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, FOCUSED ON MEASURING THE RELAXATION PHASE OR DIASTOLIC FUNCTION OF THE LEFT VENTRICLE IN OVER 2800 PATIENTS WHO WERE ALREADY UNDERGOING AN EXERCISE "STRESS TEST." THE RESULTS WERE CLEAR. ABNORMALITIES IN THE RELAXATION FUNCTION OF THE HEART, OR DIASTOLIC FUNCTION, BECAME MORE PRONOUNCED WITH AGING. AND THESE, THE IMPACT OF THESE ON THE EXERCISE CAPACITY WAS MORE PRONOUNCED WITH AGING. WE WERE SURPRISED BY THE IMPACT THAT IT CERTAINLY HAS AND THE DEGREE THAT IT EXPLAINS HOW MUCH POOR EXERCISE PERFORMANCE MAY BE RELATED TO PROBLEMS WITH RELAXATION OF THE HEART. UTILIZING THIS KNOWLEDGE TO TRY AND PREVENT THE DEVELOPMENT OF THIS CONDITION, SOMETIMES CAUSED BY HIGH BLOOD PRESSURE AND CORONARY ARTERY DISEASE, JUST MAY KEEP PEOPLE EXERCISING LONGER.

LENGTH-00:17 ISSUE-CRIME 1 SHOW TIME-6:00

AN ARREST IN A STRING OF BURGLARIES FROM NORTH PORT TO PORT CHARLOTTE..
32-YEAR OLD BARRY COLLINS OF PUNTA GORDA WAS ARRESTED AFTER A TRAFFIC
STOP.. DETECTIVES SAY HE WOULD KNOCK ON DOORS TO SEE IF ANYONE WAS
HOME.. IF NO ONE ANSWERED.. HE WOULD BREAK INTO THE HOME.. JEWELRY AND
OTHER ITEMS WERE STOLEN FROM SEVERAL HOMES.

LENGTH-01:10 ISSUE-CRIME 1 SHOW TIME-11:00

AN ARREST IN A STRING OF BURGLARIES FROM NORTH PORT TO PORT CHARLOTTE..
32-YEAR OLD BARRY COLLINS OF PUNTA GORDA WAS ARRESTED AFTER A TRAFFIC
STOP.. DETECTIVES SAY HE WOULD KNOCK ON DOORS TO SEE IF ANYONE WAS
HOME..IF NO ONE ANSWERED.. HE WOULD BREAK INTO THE HOME.. JEWELRY AND
OTHER ITEMS WERE STOLEN FROM SEVERAL HOMES.

LENGTH-00:23 ISSUE-CRIME 1 SHOW TIME-11:00

A FATHER IN LAS VEGAS IS ACCUSED OF SHACKLING HIS DAUGHTER TO HER
BED...BECAUSE HE SAYS SHE WAS OVERWEIGHT. THE 15 YEAR OLD GIRL WAS FOUND
BEATEN AND IN TEARS IN HER HOME. HER FATHER TOLD POLICE HE CHAINED HIS
DAUGHTER TO HER BED TO KEEP HER OUT OF THE KITCHEN... SO SHE WOULDN'T
OVEREAT. HIS DAUGHTER WEIGHS 165 POUNDS...AND HE WANTED HER TO WEIGH A
140 POUNDS. HE WAS CHARGED WITH FALSE IMPRISONMENT, CHILD ENDANGERMENT
AND CHILD ABUSE.

JANUARY 22, 2009

LENGTH-00:17 ISSUE-CRIME 1 SHOW TIME-SUNRISE

MISSING SARASOTA MONEY MANAGER ART NADEL...NOW FACES FEDERAL FRAUD
CHARGES. THE SECURITIES AND EXCHANGE COMMISSION GOT A COURT ORDER TO
FREEZE NADEL'S ASSETS YESTERDAY THE S-E-C SAYS NADEL RECENTLY
TRANSFERRED MORE THAN ONE MILLION DOLLARS INTO SECRET BANK ACCOUNTS HE
CONTROLLED. HE IS NOW CHARGED WITH FRAUD.

LENGTH-00:51 ISSUE-ELDERLY 7 SHOW TIME-SUNRISE

GENERALIZED ANXIETY DISORDER IS THE MOST COMMON ANXIETY PROBLEM AMONG SENIORS, AFFECTING UP TO 7 PER CENT OF OLDER ADULTS. PATIENTS WITH GENERALIZED ANXIETY DISORDER ARE PLAGUED BY NEARLY CONSTANT WORRY THEY CAN'T CONTROL, WHICH SPILLS OVER INTO PHYSICAL SYMPTOMS SUCH AS HEADACHES, MUSCLE PAINS, AND FATIGUE. A NEW STUDY OF 177 SENIORS WITH GENERALIZED ANXIETY DISORDER FINDS THAT A SHORT COURSE OF TREATMENT WITH THE ANTIDEPRESSANT LEXAPRO MAY EASE THEIR WORRIES. RESEARCHERS FROM WASHINGTON UNIVERSITY IN ST. LOUIS TREATED PATIENTS WITH EITHER LEXAPRO OR A PLACEBO FOR 12 WEEKS. THEY FOUND THAT 69 PER CENT OF THOSE TAKING LEXAPRO IMPROVED COMPARED TO 51 PER CENT OF THOSE TAKING A PLACEBO. PATIENTS REDUCED THEIR WORRIES AND WERE MORE ABLE TO PARTICIPATE IN DAILY ACTIVITIES AND SOCIAL OCCASIONS. HOWEVER, THOSE ON LEXAPRO DID HAVE A FEW SIDE EFFECTS, INCLUDING SLEEP DISTURBANCES AND URINARY PROBLEMS. RESEARCHERS SAY MORE RESEARCH IS NEEDED TO CONFIRM THE BENEFITS OF LEXAPRO AND ENSURE THE DRUG IS SAFE FOR LONG-TERM USE IN SENIORS.

LENGTH-01:45

ISSUE-HEALTH 5 SHOW TIME-12:00

I WAS HAVING ALL OF THIS PAIN IN MY STOMACH." 7 YEAR-OLD CHRISTOPHER MEUNIER LOOKS FINE NOW -- PLAYING INDOOR FOOTBALL WITH HIS DAD. NEARLY TWO MONTHS AGO -- THE LITTLE BOY HAD A BIG PROBLEM. "VERY PAINFUL." CHRISTOPHER GOT SICK. VERY SICK. A FEVER, VOMITING, AND DIARRHEA SO BAD-- IT TURNED TO BLOOD. "ALL OF A SUDDEN THE SYMPTOMS GOT VERY, VERY BAD. VERY FAST." CHRISTOPHER'S PARENTS RUSHED HIM TO THE HOSPITAL -- WHERE HE'D STAY FOR SIX DAYS. "WE HAD NO IDEA WHAT WAS GOING ON AND NEVER CONSIDERED SALMONELLA." UNTIL DOCTORS CONFIRMED IT. WHAT WAS UNCLEAR -- THE CAUSE. NO ONE ELSE IN CHRISTOPHER'S FAMILY GOT SICK. BUT MORE THAN 470-OTHERS ACROSS THE COUNTRY DID -- FROM THE SAME STRAIN OF SALMONELLA. "I REALIZED THAT HAD TO BE IT. THAT WAS THE ONLY FOOD THAT CHRISTOPHER HAD EATEN THAT THE REST OF US HAD NOT EATEN." SHE'S TALKING ABOUT THESE CRACKERS -- NOW IN HANDS OF THE FOOD AND DRUG ADMINISTRATION FOR TESTING. THE FDA, THE CENTERS FOR DISEASE CONTROL, AND STATE HEALTH DEPARTMENT WARN PEOPLE NOT TO EAT THEM. OR ANY PRODUCTS CONTAINING PEANUT BUTTER OR PEANUT PASTE FOR NOW. "ICE CREAM TOPPINGS, ICE CREAM, COOKIES, CRACKERS AND CEREAL AND ANYTHING THAT HAS PEANUT BUTTER IN IT." STORES, LIKE CITY MARKET IN BURLINGTON, CONTINUE TO PULL PRODUCTS OFF STORE SHELVES AS THE LIST OF RECALLED FOOD GROWS. "IT'S EVER CHANGING. THERE IS A LOT OF IT OUT THERE." THE LATEST RECALL - PEANUT BUTTER LUNA BARS. REPLACED WITH SIGNS NOTIFYING CUSTOMERS. "IT IS SOMETHING FOUND ALL OVER AND WE WANT TO MAKE SURE PEOPLE KNOW WE ARE PULLING PRODUCT AS WE NEED TO." THE OUTBREAK HAS NOT BEEN LINKED TO ANY BRAND NAME JARS OF PEANUT BUTTER -- LIKE THESE. IT'S LARGE-QUANTITY INSTITUTIONAL PEANUT BUTTER -- AND THE PASTE IN VARIOUS PRODUCTS -- THAT'S BEEN CONTAMINATED. "WE NEED A BETTER PROCESS." TUESDAY -- THE MEUNIERS FILED SUIT AGAINST THE PEANUT CORPORATION OF AMERICA-- THE COMPANY IN THE MIDDLE OF THE SALMONELLA SCARE. MORE LAWSUITS ARE LIKELY. "I AM GLAD IT'S OVER." CHRISTOPHER'S JUST GLAD HE'S GETTING BETTER. AND HOPES TO ENJOY HIS FAVORITE SNACK AGAIN ONE DAY. "I HOPE I'LL BE ABLE TO WITHOUT GETTING SALMONELLA. I HOPE I NEVER GET THAT AGAIN." THE F-D-A SAYS ALL OF THE

AFFECTED FOODS WERE MADE WITH PEANUT PASTE OR PEANUT BUTTER FROM A PLANT IN BLAKELY, GEORGIA. THE PLANT HAS SUSPENDED PRODUCTION.

LENGTH-01:42 ISSUE-HEALTH 5 SHOW TIME-12:00

OLIVE OIL IS ONE OF THOSE RARE FOODS THAT TASTES HEAVENLY --BUT IS ALSO HEALTHY. THAT'S WHY MANY AMERICANS HAVE STARTED EATING MORE OF IT. BUT BEWARE. OLIVE OIL IS ONE OF THE MOST COMMON COUNTERFEITS. YOUR OLIVE OIL MAY ACTUALLY BE SOYBEAN OIL, WHICH ISN'T AS GOOD FOR YOU. IF THAT PRODUCT IS DILUTED WITH OTHER FATS, PEOPLE ARE SIMPLY GETTING RIPPED OFF AND NOT GETTING THE HEALTH BENEFITS THAT THEY THINK THEY'RE PAYING FOR. THE STATE OF CONNECTICUT TESTS OLIVE OILS FOR PURITY AND SAYS IT HAS FOUND SOME THAT WERE 90-PERCENT SOYBEAN OIL. WHAT TO DO? TESTS SHOW OFF-BRANDS FROM DISCOUNT STORES ARE THE BIGGEST PROBLEM, SO BUY NAME BRANDS INSTEAD. NAME BRAND COMPANIES GENERALLY HAVE MORE OF A QUALITY CONTROL OPERATION. SOME OF THE PRODUCTS IN DOLLAR STORES AND DISCOUNT STORES ARE HERE TODAY AND GONE TOMORROW. YOU MAY BE BITTER WHEN YOU HEAR WHAT SOME COUNTERFEITERS DO TO SWEETS LIKE HONEY AND MAPLE SYRUP. THE FDA HAS CAUGHT PRODUCERS ADDING CORN SYRUP, CANE SUGAR OR BEET SUGAR TO HONEY TO BRING DOWN THE COST. AND THE STATE OF VERMONT SENT ONE COUNTERFEITER TO PRISON FOR WATERING DOWN MAPLE SYRUP, BUT SAYS OVERALL MAPLE SYRUP ADULTERATION IS RARE. HOW CAN YOU TELL? IF A PRODUCT LIKE A PURE MAPLE SYRUP OR HONEY IS PRICED SO LOW, THAT THE DIFFERENTIAL IS SO DIFFERENT THAN OTHER SIMILAR COMPETING BRANDS, THEN YOU PROBABLY SHOULD BE SUSPICIOUS. /// THE FDA DOESN'T HAVE THE RESOURCES TO ENFORCE THE LAW. FISH IS THE FOOD MOST OFTEN FAKED. A CHICAGO SUN-TIMES INVESTIGATION FOUND SUSHI LABELED AS RED SNAPPER WAS ACTUALLY CHEAPER, FARM-RAISED TILAPIA. AND CONSUMER REPORTS TESTED 23 SALMON FILETS LABELED WILD CAUGHT AND FOUND 13 OF THEM WERE ACTUALLY FARM RAISED. IT'S DEFINITELY A PROBLEM IF YOU'RE THINKING YOU'RE GETTING A WILD SALMON WHICH CAN HAVE HIGHER OMEGA THREE'S AND BE LOWER IN CONTAMINATES LIKE PCB'S AND IN FACT YOU'RE ACTUALLY GETTING THE FARM RAISED. LEAMY BRIDGE "ONE WAY YOU CAN DETECT WILD VERSUS FARM-RAISED SALMON IS THE COLOR. WILD SALMON STAYS RED AFTER COOKING. BUT FARM-RAISED SALMON ARE FED RED PELLETS TO GIVE THEM THEIR COLOR, AND THE COLOR TENDS TO FADE DURING COOKING." NONE OF THESE COUNTERFEIT FOODS WILL MAKE YOU SICK. BUT THEY WILL MAKE YOU MAD.

JANUARY 23, 2009

LENGTH-00:19 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

A U-S BIOTECH COMPANY IS SET TO BEGIN THE WORLD'S FIRST STUDY OF A TREATMENT BASED ON HUMAN EMBRYONIC STEM CELLS THIS SUMMER. THE CALIFORNIA COMPANY GOT FEDERAL PERMISSION THIS WEEK TO USE EMBRYONIC CELLS TO INJECT INTO PARAPLEGIC PATIENTS WHO CAN'T WALK. THE STUDY WILL TEST THE SAFETY OF THE PROCEDURE, AS WELL AS LOOK FOR SIGNS OF IMPROVEMENT IN PATIENTS.

LENGTH-00:22 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

FEDERAL HEALTH OFFICIALS SAY THE SALMONELLA RECALL NOW INVOLVES ABOUT 31 MILLION POUNDS OF PEANUT BUTTER AND PEANUT PASTE. BUT, ACCORDING TO THE NATIONAL PEANUT BOARD, AMERICANS EAT 700 MILLION POUNDS OF PEANUT BUTTER EVERY YEAR. THE RECALLED PEANUT PASTE IS USED TO MAKE DOZENS OF GOODIES, FROM ENERGY BARS AND CAKES TO DOG BISCUITS. NO MAJOR NATIONAL BRANDS OF PEANUT BUTTER ARE AFFECTED BY THE RECALL.

LENGTH-01:03 ISSUE-HEALTH 5 SHOW TIME-12:00

STROKES CAUSED BY AN ANEURYSM IN THE BRAIN ARE COMPARATIVELY RARE - ACCOUNTING FOR ABOUT 1 STROKE IN 20 - BUT THEY ARE AMONG THE MOST DEADLY FORM OF THIS DISEASE. STUDIES SHOW THAT CLOSE TO HALF OF PEOPLE WITH THIS TYPE OF BLEEDING STROKE DIE OF THEIR INJURIES, BUT HOW AND WHERE PATIENTS ARE TREATED CAN MAKE A BIG DIFFERENCE. THE AMERICAN HEART ASSOCIATION HAS RELEASED NEW TREATMENT GUIDELINES DESIGNED TO IMPROVE THE TYPE OF CARE PATIENTS RECEIVE. THEY FOUND THAT PATIENTS MAY BE ABLE TO REDUCE THEIR RISK FOR STROKES DUE TO ANEURYSMS BY CONTROLLING THEIR BLOOD PRESSURE AND NOT SMOKING. BUT IF SUCH A STROKE OCCURS, PATIENTS SHOULD NOT IGNORE THE PRIMARY WARNING SIGN - A SUDDEN, TERRIBLE HEADACHE. THE NEW GUIDELINES SAY DOCTORS SHOULD GIVE PATIENTS A CAT SCAN AS SOON AS POSSIBLE TO DETECT THE BLEEDING. PROMPT SURGERY CAN OFTEN MINIMIZE THE DAMAGE. AND WHERE A PATIENT TREATED IS IMPORTANT TOO - THE RESEARCH COMMITTEE FOUND THAT THOSE TREATED AT LARGER CENTERS WITH MORE EXPERIENCE IN BLEEDING STROKES WERE MORE LIKELY TO SURVIVE

LENGTH-00:23 ISSUE-HEALTH 5 SHOW TIME-5:00

ROMAN REID WAS A PROMISING LINEBACKER 17 YEARS AGO WHEN HE BROKE HIS NECK MAKING A TACKLE. AND LOST THE USE OF HIS LEGS. TODAY... THE NEWS OF THIS STEM CELL RESEARCH BREAKTHROUGH IS WHAT HE'S BEEN WAITING TO HEAR. THERE MAY BE REASON TO JUMP AUP AND DOWN. SCIENTISTS AT GERON... SAY PARALYZED RATS INJECTEED WITH STEM CELLS..HAVE REGAINED THE USE O FF

THEIR LEGS.AND THIS SUMMER, WITH THE BLESSING OF THE F-D-A... TESTING WILL BEGIN ON HUMANS "WHAT WE ACTUALLY EXPECT TO SEE IS MODEST IMPROVEMENT IN PATIENTS WITH SO-CALLED COMPLETE INJURIES WHO ARE PARALYZED FOR LIFE. SLIGHT IMPROVEMENTS IN SENSATION, BLADDER CONTROL, LOCOMOTION COULD BE AMPLIFIED WITH PHYSICAL THERAPY. SO WE'RE TRYING TO FIT THE FRAME SHIFT OUTCOME FROM ONE OF NO HOPE TO ONE OF PROGRESSIVE REHABILITATION." GERON'S RESEARCH USES DISCARDED EMBRYOS FROM IN-VITRO FERTILIZATION PROCEDURES THAT ARE DESTINED TO BE DESTROYED. BUT CRITICS STILL HAVE CONCERNS.THE CURRENT LINES OF HUMAN EMBRYONIC STEM CELLS ARE DERIVED FROM LIVING HUMAN EMBRYOS .. THERE IS A CONCERN THAT YOU'RE CANNIBALIZING HUMAN LIVES FOR POTENTIAL TREATMENTS THE REID FAMILY SEES IT DIFFERENTLY. THEY'VE HPED AND PUSHED FOR THIS DAY FOR 15 YEARS.. IN FACT, FUNDING FOR THE FIRST STAGE OF THIS RESEARCHCAME FROM A BI LL PASSED BY THE CALIFORNIA LEGISLATURE CALLED... THE ROMAN REID SPINAL CORD INJURY RESEDARCH ACT. MORE FUNDING CAME FROM PROP 71 PASSED CY STATE VOTERS . AND NOW MORE IS NEEDED FROM "NATIONALLY WE HAVE TO HAVE A GOOD FUNDING BILL TO PAY THE BILL, SO THAT SCIENTISTS CAN DO THE RESEARCH. REMEMBER THIS IS NOT JUST FOR PARALYSIS,THIS IS FOR EVERYONE." BOTH DON AND ROMAN REID SAY THEY NEVER GAVE UP HOPE THAT A CURE WOULD COME SOMEDAY. ROMAN EVEN KNOWS WHAT HE'LL DO WHEN HE REGAINS THE USE OF HIS LEGS.

LENGTH-00:30 ISSUE-CRIME 1 SHOW TIME-6:00

A SARASOTA COUNTY SCHOOL BUS DRIVER IS ARRESTED.. CHARGED WITH MOLESTING A YOUNG GIRL.. ON THE BUS.. NORTH PORT POLICE SAY 40-YEAR OLD CHARLES BILLA FONDLED HIS 10 YEAR OLD VICTIM.. WHILE THE GIRL RODE THE BUS TO SCHOOL.. POLICE SAY THERE WAS ANOTHER DRIVER OPERATING THE BUS AT THE TIME.. AND THAT BILLA SAT BEHIND THE GIRL AND REACHED OVER HER SEAT.. THE OTHER DRIVER ALSO TOLD POLICE.. BILLA WOULD TICKLE THE CHILDREN RIDING THE BUS.. AND SOMETIMES CARRY THEM FROM THEIR SEATS TO THE DOOR.. AND MOST OF THE TIME.. THE PRACTICE INVOLVED GIRLS..

JANUARY 24, 2009

LENGTH-01:14 SHOW TIME-LATE

IT MAY TURN OUT TO BE ONE THE LARGEST FOOD RECALLS IN THE COUNTRY'S HISTORYNOW INVOLVING MORE THAN 31 MILLION POUNDS OF PEANUT BUTTER. THE LIST OF FOODS THAT MIGHT BE CONTAMINATED WITH SALMONELLA IS GROWING SO QUICKLY.. CONSUMERS ARE FINDING IT IMPOSSIBLE TO KEEP UP. SOT AMY ORDERS/PARENT: "PEANUT BUTTER'S BEEN RECALLED TOO MANY TIMES THIS YEAR TO KNOW WHAT'S GOOD AND WHAT'S NOT" COMPANIES HAVE RECALLED MORE THAN 125 PRODUCTS..WITH NEW ONES COMING OUT BY THE DAY. EVERYTHING FROM PEANUT BUTTER FLAVORED COOKIES, CANDIES, POWER BARS , CEREALS, CRACKERS,

ICE CREAM, EVEN DOG BISCUITS. TODAY CERTAIN WHOLE FOODS SNACKS JOINED THE RECALL LIST THAT INCLUDES THE BRANDS LITTLE DEBBIE AND FAMOUS AMOS. COSTCO STORES ARE EVEN ROBO-CALLING CUSTOMERS TO ALERT THEM THEY MAY HAVE BOUGHT CONTAMINATED PRODUCTS. "COSTCO RECORDS HAVE INDICATED THAT YOU PURCHASED CLIFF BARS BETWEEN JULY 1 2008 AND JAN 20 2009" GOVERNMENT INVESTIGATORS ARE SCRAMBLING TO DETERMINE JUST HOW WIDESPREAD THE CONTAMINATION MIGHT BE. "EVEN A SMALL AMOUNT OF MATERIAL CAN FIND ITS WAY INTO A NUMBER OF DIFFERENT FOOD PRODUCTS. THAT'S JUST THE NATURE OF THE FOOD BUSINESS." AND NOW WITH NEWS THAT THE NUMBER OF DEATHS POSSIBLY LINKED TO THE OUTBREAK HAS RISEN TO 11..WITH NEARLY 500 PEOPLE SICKENED IN 43 STATES... CALLS QUESTIONING THE GOVERNMENT'S HANDLING OF FOOD SAFETY ARE GROWING LOUDER. MARION NESTLE//PROFESSOR OF FOOD STUDIES AT NYU: "HOW MANY SUCH INCIDENTS DO WE NEED BEFORE WE START ADDRESSING THE REAL PROBLEM WHICH IS THAT WE DON'T HAVE A FOOD SAFETY SYSTEM IN THIS COUNTRY THAT COVERS ALL FOODS FROM FARM TO TABLE."

JANUARY 25, 2009

NOTHING

JANUARY 26,2009

LENGTH-00:20 ISSUE-CRIME 1 SHOW TIME-SUNRISE

PRISON OFFICIALS ARE STILL SORTING OUT THE DETAILS OF WAT PROMPTED A BRAWL THAT SENT EIGHT INMATES TO THE HOSPITAL. IT HAPPENED AT THE COLEMAN FEDERAL CORRECTIONAL COMPLEX, LOCATED NORTHWEST OF ORLANDO. AN FBI SPOKESPERSON SAYS THE FIGHT BROKE OUT IN A RECREATION YARD. NO STAFF WERE SERIOUSLY INJURED. THE PRISON HAS FOUR UNITS THAT HOUSE LOW-, MEDIUM- AND HIGH-SECURITY INMATES.

LENGTH-00:48 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

THE OSCAR NOMINATIONS ARE OUT AND YOU'VE GOT A LOT OF MOVIES TO SEE IN THE NEXT FEW WEEKS. AND WHAT'S A GOOD FLICK WITHOUT SOME SNACKS TO GO WITH IT? MOST FILM FARE HAS A LOT OF CALORIES AND FAT AND COMES IN LARGE SIZES. THAT'S BECAUSE CONCESSIONS REPRESENT SOME 40-PERCENT OF THEATERS' PROFITS. WHAT TO DO? THE AMERICAN DIETETIC ASSOCIATION SAYS PICK WISELY. IF YOU LIKE POPCORN, WATCH THE BUTTER. A LARGE TUB OF BUTTERED POPCORN CAN CONTAIN AS MUCH AS 15-HUNDRED CALORIES. NIX THE BUTTER AND IT CAN DROP BY OVER 800 CALORIES.. AND, GO EASY WITH THE SALT SHAKER. LOVE CANDY?

LIMIT THE CHOCOLATE. A BIG MOVIE BOX OF CHOCOLATE CANDY CAN PACK AS HIGH AS A 900-CALORIE PUNCH. SHARE A BOX OF GUMMY OR HARD CANDY. ALTHOUGH THEY HAVE SUGAR, THEY DON'T CONTAIN AS MUCH FAT.AND DRINK LIGHT - A 32-OZ SODA HAS UP TO 450 CALORIES. PICK WATER, OR DIET SODAS. NUTRITIONISTS ALSO SUGGEST YOU PACK YOUR OWN HEALTHY SNACKS, LIKE CARROT STICKS OR PRETZELS TO MUNCH ON OR EAT BEFORE YOU GO TO THE THEATER. THAT WAY, YOU CAN BYPASS THE GOODIES WHEN WALKING TO YOUR SEAT.

LENGTH-01:31 ISSUE-HEALTH 5 SHOW TIME-12:00

SHE HAD JUST GIVEN BIRTH TO HER SECOND CHILD TWO MONTHS EARLIER... SO TANYA GINTHER THOUGHT IT ONLY NATURAL TO FEEL TIRED AND OUT OF BREATH. BUT PACKING THE CAR IN THE GARAGE... TANYA COLLAPSED. SHE HAD GONE INTO CARDIAC ARREST. HER HUSBAND, MIKE, CALLED 9-1-1 AND... FOR NEXT 16 MINUTES... PERFORMED CPR ON HIS WIFE. "COME ON, GOD DAMN IT! COME ON! THERE YOU GO! THERE YOU GO, HONEY. BREATHE, GIRL! BREATHE!" AT THE BISMARCK, NORTH DAKOTA HOSPITAL, HER HEART STOPPED... AGAIN AND AGAIN . AND EACH TIME, DOCTORS HAD TO SHOCK IT BACK TO LIFE. TANYA WAS SUFFERING FROM THAT MYSTERIOUS CONDITION CALLED "PERIPARTUM CARDIOMYOPATHY". "THE HEART MUSCLE WEAKENS IN THE LAST MONTHS OF PREGNANCY.WE DON'T KNOW WHAT CAUSES IT. IT COULD BE INFLAMMATION, OR A VIRUS, OR THE CHANGES IN HORMONES ." DOCTORS PREDICTED TANYA WOULD NOT SURVIVE MORE THAN A DAY OR TWO. HER ONLY HOPE... WAS TO GET TO A MAJOR MEDICAL CENTER HUNDREDS OF MILES AWAY.. TO GET A HEART PUMP. BUT INSIDE THIS AIR AMBULANCE, AT 30-THOUSAND FEET... HER HEART FAILED YET AGAIN. "SHE ARRESTED AND WE HAD TO SHOCK HER HEART BACK INTO RHYTHM . / BUT FOR ABOUT 45 MINUTES THERE IN THE FLIGHT WE WERE HOLDING OUR BREATH." BY THE TIME SHE REACHED THE MAYO CLINIC... HER ORGANS WERE SHUTTING DOWN FROM LACK OF BLOOD. DOCTORS SAID WAS NOW TOO SICK TO HAVE THE HEART PUMP SURGERY. "THEY SAID, 'WE'RE SORRY, BUT SHE'S GOING.'" SURPRISINGLY, TANYA'S CONDITION THEN IMPROVED EVER SO SLIGHTLY... ENOUGH AT LEAST TO GET THAT HEART PUMP. AND WITH EACH PASSING DAY, AND THE HELP OF THAT PUMP, HER HEART... GAINED STRENGTH. WITHIN A MONTH SHE WAS BACK HOME... AND THE PUMP WAS SOON DISCONNECTED. DOCTORS NOW SAY TANYA'S STORY SHOULD BE A WARNING TO ANY NEW MOTHER."IF YOU'RE REALLY SHORT OF BREATH, OR LIGHT-HEADED, OR YOU CONTINUE TO SWELL YOU NEED TO SEE A DOCTOR." "DON'T FEEL LIKE YOU'RE OVERREACTING. WHEN IT COMES TO YOUR HEART AND YOUR LIFE YOU CAN'T OVERREACT." NOT WITH SO MUCH AT STAKE...

LENGTH-00:41 ISSUE-ELDERLY 7 SHOW TIME-5:00

THE INDEPENDENT TRANSPORTATION NETWORK ... OR ITN AMERICA AS IT'S CALLED ... INTRODUCED IT'S NEW SERVICES AT A PUBLIC FORUM ... WITH FOUNDER KATHERINE FREUND IN TOWN TO EXPLAIN HOW IT WORKS. FREUND STARTED THE PROGRAM IN

MAINE ...WHEN A FAMILY MEMBER WAS HIT BY AN 84 YEAR OLD DRIVER ..AND SERIOUSLY INJURED. SHE WANTED TO HELP GET ELDERLY PEOPLE FROM BEHIND THE WHEEL WHEN THEY'RE NO LONGER ABLE TO DRIVE. BUT AT THE SAME TIME ALLOW THEM THE FREEDOM ... TO COME AND GO WHENEVER AND WHERE EVER THEY PLEASE. "WE PICK PEOPLE UP ... THEY GET A BILL JUST LIKE A PHONE BILL."

LENGTH-00:28 ISSUE-HEALTH 5 SHOW TIME-6:00

NORTH PORTS FIRST EMERGENCY ROOM WON'T BE READY THIS MONTH. IT WAS SCHEDULED TO OPEN...BUT NOW HAS BEEN PUSHED BACK TO LATE THIS SUMMER. SARASOTA MEMORIAL HEALTH CARE PROVIDERS SAY THE DELAY IS NEEDED FOR TESTING OF NEW EQUIPMENT. THE TWO STORY, 50-THOUSAND SQUARE FOOT FACILITY OFF TOLEDO BLADE BOULEVARD WILL HAVE ALL THE TOOLS NEEDED FOR EMERGENCIES AND SOME WALK IN CARE. FINAL COST IS AROUND 29-MILLION DOLLARS. YOU CAN READ MORE ON NORTH PORT'S E-R IN TUESDAY'S EDITION OF OUR COVERAGE PARTNERS...THE NORTH PORT SUN.

LENGTH-00:19 ISSUE-HEALTH 5 SHOW TIME-11:00

A MIAMI HOSPITAL OPENS SOUTH FLORIDA'S FIRST PUBLIC UMBILICAL CORD BLOOD COLLECTION CENTER. THE CORD BLOOD COLLECTED WILL HELP SERVE THE URGENT NEED FOR ADDITIONAL CORD BLOOD STEM CELL UNITS. THE BLOOD WOULD OTHERWISE BE THROWN AWAY AS MEDICAL WASTE. AND UNLIKE PRIVATE COMPANIES THAT COLLECT CORD BLOOD, THIS COLLECTION CENTER WILL BE FREE.

JANUARY 27, 2009

LENGTH-00:23 ISSUE-CRIME 1 SHOW TIME-SUNRISE

NEW AT SUNRISE: A MANATEE COUNTY TEENAGER IS LISTED IN SERIOUS CONDITION THIS MORNING AFTER BEING HIT BY A CAR. THE STATE HIGHWAY PATROL SAYS 14-YEAR OLD DERRICK WILLIAMS WAS STRUCK BY A CAR YESTERDAY AFTERNOON, AS HE CROSSED U-S 301 AT STATE ROAD 70. THE DRIVER OF THE CAR DROVE AWAY FROM THE ACCIDENT SCENE. POLICE ARE NOW LOOKING FOR THE VEHICLE, AN OLDER MODEL OLDSMOBILE OR BUICK, TAN OR BROWN IN COLOR THAT MAY HAVE NOTICEABLE DAMAGE TO THE FRONT.

LENGTH-01:26 ISSUE-HEALTH 5 SHOW TIME-12:00

THESE WONDROUS, ALL PURPOSE... EMBRYONIC STEM CELLS...THE CELLS WHICH LOOK SO PROMISING IN THE LABORATORY WILL NOW... FINALLY... BE USED TO TREAT PEOPLE. "THIS IS THE FIRST OPPORTUNITY TO REALLY SEE HOW THESE CELLS PERFORM. CAN WE MAKE A DIFFERENCE FOR PEOPLE WITH ALL THAT WE'VE LEARNED OVER THE LAST TEN YEARS." THIS FIRST CLINICAL TRIAL IS SMALL... 8 TO 10 PEOPLE, NOT YET SELECTED... WHO HAVE SEVERE SPINAL CORD INJURIES. THE EMBRYONIC STEM CELL THERAPY TO BE ADMINISTERED WITHIN 14 DAYS OF THE INJURY. THIS FIRST TEST IS ONLY DESIGNED TO SEE... IF THE CELLS ARE SAFE IN PEOPLE. IN ANIMAL RESEARCH... THE CELLS WERE NOT ONLY SAFE, THEY ENABLED RATS WITH SPINAL CORD INJURIES TO WALK AGAIN... BY HELPING TO REPAIR THE DAMAGED NERVE CELLS IN THEIR SPINES. IN THIS THIS FIRST TEST, ON PEOPLE... RESEARCHERS WOULD BE ECSTATIC WITH EVEN THE SLIGHTEST SIGN... THE CELLS ARE WORKING. (DR. SCADDEN) "IF WE COULD HAVE ANY EVIDENCE OF ACTIVITY. IF THEY COULD NOW FEEL COLD, OR WARM OR TOUCH, THAT WOULD BE A SIGN OF SUCCESS." IT WOULD MEAN THE WORLD TO THIS AL MATTEUCCI AL MATTEUCCI SOT: "IF THERE'S ANY KIND OF SMALL INCREMENTAL MOVEMENTS IT WOULD BE A DEFINITE VICTORY" A CLINICAL SUCCESS WOULD ALSO SPUR TESTING EMBRYONIC STEM CELLS AGAINST... BLINDNESS, PARKINSON'S DISEASE, AND TYPE 1 DIABETES. (JOHN MCKENZIE) (ABC NEWS) (NEW YORK) AND THIS RESEARCH MAY SOON PROCEED MUCH MORE RAPIDLY. PRESIDENT OBAMA... AS EARLY AS NEXT WEEK... IS EXPECTED TO REVERSE THE RESTRICTIONS IMPOSED BY PRESIDENT BUSH AND ALLOW FEDERAL FUNDING OF EMBRYONIC STEM CELL RESEARCH. (SCADDEN) "WE'LL SEE A HUGE INFUSION OF TALENT. INSTITUTIONS WILL GET INVOLVED. PEOPLE WILL FEEL THIS IS A PATH FORWARD FOR THEIR CAREERS WHERE THEY CAN MAKE AN IMPACT. IT'S GOING TO BE A TREMENDOUS CHANGE." WHICH IS WHY SO MUCH IS HINGING... ON THE THIS FIRST TEST OF THESE CELLS...

LENGTH-01:56 ISSUE-CRIME 1 SHOW TIME-11:00

PEG NADEL AVOIDED THE MEDIA AS SHE LEFT THE FEDERAL COURTHOUSE IN TAMPA TODAY.. HER HUSBAND, ALONG WITH HIS DEFENSE ATTORNEY BARRY COHEN.. TURNED HIMSELF IN TO FEDERAL AUTHORITIES, JUST BEFORE TEN THIS MORNING.. HE HAD BEEN MISSING FOR NEARLY TWO WEEKS.. RETIRED VERIZON WORKER LARRY COLLIER INVESTED MOST OF HIS MONEY WITH NADEL.. ABOUT 400-THOUSAND DOLLARS.. HE FOUND SOME COMFORT TODAY.. THAT NADEL IS BEHIND BARS.. AND THE TRAIL TO HIS LOST MONEY MAY HEAT UP.. "WELL, THAT'S THE GOOD THING.. BECAUSE I'M CURIOUS TO FIND OUT EXACTLY WHAT HAPPENED.. EVEN THOUGH I'M HURT AND BELIEVE ME, I WAKE UP AT 4 AM SOMETIMES WORRIED NOW ABOUT WHAT I'M GOING TO DO."ACROSS TOWN.. NADEL'S OFFICE SITS LITTERED WITH PAPERS, MAGAZINES AND THE DEPLETED DREAMS OF HIS INVESTORS.. A RECEIVER APPOINTED BY THE U-S DISTRICT COURT.. CONTINUES HIS HUNT FOR ANY ASSETS OR OPERATIONS THAT CAN BE SALVAGED FOR THOSE INVESTORS.. TODAY.. A FEDERAL JUDGE ALLOWED HIM TO TAKE RECEIVERSHIP OF NADEL'S VENICE JET CENTER AND A COMPANY CALLED TRADEWIND, OPERATED BY NADEL'S SON IN GEORGIA..

"THE INVESTORS IT WAS REPRESENTED TO THEM THAT THERE WAS SOME 300-PLUS MILLION DOLLARS WORTH OF INVESTMENTS AND AT THIS POINT IN TIME, THERE IS VERY LITTLE OF THAT LEFT." INVESTIGATORS RELEASED NEW EVIDENCE TODAY.. INCLUDING THIS LETTER.. INVESTIGATORS SAY IT WAS FROM NADEL TO HIS WIFE.. AND WAS FOUND IN AN OFFICE SHREDDER.. IT READS.. "IF YOU WANT TO SURVIVE THIS MESS, WHAT FOLLOWS IS FOR YOUR EYES ONLY. I STRONGLY SUGGEST THAT YOU DESTROY IT AFTER READING. THE AVENUES TO MONEY FOR YOU WILL LIKELY BE BLOCKED SOON. YOU MUST USE THE TRUST (YOURS) TO YOUR BENEFIT AS MUCH AND AS SOON AS POSSIBLE. PLEASE LOOK FOR THE (BANK) CREDIT CARD ACCOUNT AND YOU WILL SEE A LARGE CREDIT BALANCE THAT CAN BE USED IN THE USUAL WAY OR TO WITHDRAW CASH. WITHDRAW AS MUCH CASH AS YOU CAN, AS THIS ACCOUNT MIGHT ALSO BECOME BLOCKED."LATER.. NADEL TALKS ABOUT A PACKAGE HE SENT TO HIS WIFE.. ALSO IN THE PACKAGE, ARE ENOUGH DOCUMENTS THAT I THINK WILL DO THE TRICK TO GIVE YOU COMPLETE CONTROL AND OWNERSHIP OF WHAT IS LEFT, AND EVEN DOCUMENTATION FOR DIVORCE. SELL THE SUBARU IF YOU NEED MONEY." FOR LARRY COLLIER.. THE RETIRED VERIZON CABLE SPLICER... A SUBARU WON'T MAKE UP FOR WHAT HE'S LOST.. A STRESS FREE RETIREMENT.. AND HIS SON'S COLLEGE EDUCATION.. "JUST A TYPICAL BLUE COLLAR WORKER AND I WOULD IMAGINE THAT MOST PEOPLE WHO VIEW THIS PROGRAM THINK THAT ITS MOSTLY YOUR DOCTORS AND LAWYERS WHO HAVE LOST THEIR MONEY.. BUT I'M SURE THERE ARE A LOT OF PEOPLE LIKE MYSELF THAT ARE JUST PLAIN, ORDINARY PEONS IN TOWN HERE."

LENGTH-00:51 ISSUE-CRIME 1 SHOW TIME-11:00

A ST. PETERSBURG FUNERAL HOME IS THE FOCUS OF A DISTURBING INVESTIGATION. THERE ARE CLAIMS "MORNING GLORY FUNERAL CHAPEL" IMPROPERLY EMBALMED BODIES..AFTER MAGGOTS INFESTED A BODY THAT WAS LAID TO REST. A FAMILY WHO ATTENDED A VIEWING OF THE RELATIVE.. SAYS WHAT THEY SAW WAS ENOUGH TO SCAR THEIR MEMORIES FOREVER.. THEY SAID IT WAS SO BAD.. THE FUNERAL DIRECTOR CUT THE WAKE SHORT AND TOLD EVERYONE TO COME BACK THE NEXT DAY FOR THE FUNERAL. THE OWNER OF THE FUNERAL HOME DENIES THE ALLEGATIONS.. "THEY WERE ON MY AUNTIE FOREHEAD ON HER FACE." "SHE CAME BACK WITH A TISSUEAAND PICKED THE MAGGOTS OFF MY AUNTIE.""I'M VERY ETHICAL, I TAKE PRIDE IN MY WORK AND I'VE EMBALMED THOUSANDS OF BODIES OVER THE YEARS AND I HAVE PLENTY OF FAMILIES WHO WILL ATTEST TO THAT." FOR NOW, THE UNERAL HOME ISN'T ALLOWED TO EMBALM OR REFRIGERATE ANY BODIES. THEY SAY THE FAMILY STILL OWES THEM MONEY AND THE ONLY REASON THEY MADE THE CLAIMS ARE BECAUSE THEY DIDN'T WANT TO PAY.

JANUARY 28, 2009

LENGTH-00:223 ISSUE-HEALTH 5 SHOW TIME-SUNRISE

RESEARCHERS HAVE LONG SUSPECTED THAT A LEANER BODY... CAN PRODUCE A SHARPER MIND. NOW... THEY ACTUALLY HAVE THE EVIDENCE. (DR. SAM GANDY) (MT. SINAISCHOOL OF MEDICINE) (11:25) "I THINK THE RESULTS ARE EXTREMELY EXCITING . I THINK THIS PROVIDES HOPE FOR A WAY WE CAN INTERVENE IN HUMANS AND IMPROVE MEMORY." (GRAPHIC OVER PEOPLE) IN THE STUDY, VOLUNTEERS WERE, ON AVERAGE, 60-YEARS-OLD, MODERATELY OVERWEIGHT BUT OTHERWISE HEALTHY. (NO SIGNS OF ALZHEIMER'S). AT THE START OF THE STUDY... EACH WAS GIVEN A TEST, LIKE THIS, TO SEE HOW WELL THEY COULD MEMORIZE FIFTEEN NEW WORDS... AND RECALL THEM... JUST MINUTES LATER. (TESTER: I WANT YOU TO RECALL THESE WORDS ETC ETC_ THOSE SAME VOLUNTEERS WERE THEN GIVEN THE SAME TEST... THREE MONTHS LATER (OPEN: ANOTHER PATIENT TESTED) THE PUBLISHED RESULTS FOUND :VOLUNTEERS WHO BEGAN A STRICT DIET... AND SLASHED DAILY CALORIES BY 30%...HAD A "SIGNIFICANT INCREASE" IN VERBAL MEMORY THAN THOSE WHO DID NOT LOSE WEIGHT. THE STUDY ALSO FOUND... THE MORE WEIGHT PEOPLE LOST... THE MORE THEIR MEMORY IMPROVED. (DR. SAM GANDY) (3:35) "THESE ARE THE MOST ROBUST AND PERSUASIVE RESULTS WE'VE SEEN." AND CONSISTENT WITH WHAT'S BEEN SEEN IN MONKEYS AND MICE (ANIMATION) BY CONSUMING FEWER CALORIES, THE BODY DOES NOT HAVE TO PRODUCE AS MUCH INSULIN... AND WHEN THERE'S LESS INSULIN... NERVE CELLS "COMMUNICATE" BETTER. FOR PEOPLE ALREADY AT A HEALTHY OR LEAN WEIGHT, RECENT RESEARCH SUGGESTS... REGULAR, VIGOROUS EXERCISE CAN ACHIEVE THE SAME CHANGES IN THE BRAIN ... TO IMPROVE MEMORY. AND AT A TIME WHEN MEDICATIONS HAVE HAD SUCH LITTLE IMPACT, BASIC LIFESTYLE CHANGES... APPEAR TO BE THE MOST EFFECTIVE WAYS... TO PROTECT AND EVEN IMPROVE... AN AGING MEMORY.

LENGTH-00:45 ISSUE-CRIME 1 SHOW TIME-12:00

A CONVICTED SUNCOAST KILLER AND SEX OFFENDER HAS BEEN MURDERED. ST. PETERSBURG POLICE SAY 40-YEAR OLD CARMEN TUNGATE DIED LAST FRIDAY. THEY BELIEVE HE LOST CONTROL OF HIS VAN AFTER HE WAS SHOT IN THE 2400 BLOCK OF HIGHLAND STREET SOUTH. HE DIED LATER AT BAYFRONT MEDICAL CENTER. TUNGATE'S LIST OF CRIMES ON THE SUNCOAST DATES BACK ALMOST TWENTY YEARS. IN 1989 HE WAS CONVICTED FOR THE MURDER OF A BRADENTON MOTEL OWNER. HE WAS RELEASED FROM PRISON AFTER SERVING TEN YEARS. IN 2005 HE WAS FOUND GUILTY OF LEWD AND LASCIVIOUS CHARGES INVOLVING A CHILD AND LABELED A SEX OFFENDER. HIS MOST RECENT ADDRESS WAS IN ST. PETERSBURG. AS FOR THE CIRCUMSTANCES SURROUNDING HIS DEATH, POLICE HAVE NOT RELEASED ADDITIONAL INFORMATION. AND NO ARRESTS HAVE BEEN MADE. THIS IS A DEVELOPING STORY, WE'RE HOPING TO HAVE MORE INFORMATION ON LATER NEWSCASTS.

LENGTH-01:19 ISSUE-HEALTH 5 SHOW TIME-5:00

AFTER A SCATHING REPORT ON CONDITIONS INSIDE THIS PEANUT CORPORATION OF

AMERICA PLANT..THE COMPANY ANNOUNCED WEDNESDAY.. IT IS RECALLING *EVERY* SINGLE PEANUT PRODUCT IT HAS MADE SINCE JANUARY OF 2007. THE FOOD AND DRUG ADMINISTRATION BELIEVES THE GEORGIA PLANT IS GROUND ZERO FOR THE SALMONELLA OUTBREAK THAT IS BLAMED FOR AT LEAST 8 DEATHS.. AND HAS SICKENED HUNDREDS ACROSS THE NATION. THE F-D-A'S REPORT SHOWS THE MANUFACTURER FOUND SALMONELLA IN ITS PRODUCTS AT LEAST 12 TIMES OVER THE LAST TWO YEARS.. WHILE CONDUCTING ITS OWN TESTS. BUT IF A SECOND ROUND OF TESTS PRODUCED NEGATIVE RESULTS.. THE TAINTED PRODUCT WAS SHIPPED OUT. F-D-A INSPECTORS NOTED THE PRODUCTION LINES WHERE CONTAMINATED PEANUT PRODUCT WAS MADE.. WERE NEVER PROPERLY CLEANED. THEY ALSO FOUND MOLD ON THE CEILING..EVEN LIVE AND DEAD ROACHES..PROMPTING AN OUTCRY FROM FOOD SAFETY EXPERTS. "THIS IS ONE OF THE WORST I'VE SEEN IN 15 YEARS OF PRACTICE, ESPECIALLY GIVEN THE OUTBREAK IN 2009, UNCONSCIONABLE."CENTER FOR SCIENCE IN THE PUBLIC INTEREST "YOU REALLY HAVE TO WONDER WHO'S IN CHARGE WHEN IT COMES TO FOOD PRODUCTS THAT ARE SHIPPED ALL OVER THE COUNTRY." THEY SAY THIS LATEST CONTAMINATION CRISIS PROVIDES FURTHER PROOF.. THE AGENCY IS DANGEROUSLY UNDERFUNDED.. AND UNDERSTAFFED. CENTER FOR SCIENCE IN THE PUBLIC INTEREST "IT'S REALLY UP TO THE FDA TO CONDUCT AUDITS AND DISCOVER THESE PROBLEMS BEFORE THEY CAN AFFECT CONSUMERS."SOME MEMBERS OF CONGRESS ARE CALLING FOR A FEDERAL PROBE OF THE PEANUT CORPORATION OF AMERICA.. TO SEE IF THE COMPANY BROKE THE LAW BY SHIPPING THEIR TAINTED PRODUCT.

LENGTH-00:25

ISSUE-HEALTH 5

SHOW TIME-11:00

THE HOUSE OF FLAVORS ICE CREAM COMPANY IS RECALLING CERTAIN PACKAGES OF ICE CREAM. 64 OUNCE SQUARE PACKAGES OF HANNAFORD CHOCOLATE CHIP ICE CREAM MAY CONTAIN UNDECLARED WALNUTS. THE COMPANY SAYS PEOPLE WHO HAVE AN ALLERGY TO WALNUTS RUN THE RISK OF A SERIOUS REACTION IF THEY EAT THE ICE CREAM. THE AFFECTED PACKAGES HAVE THESE NUMBERS OF THEM. SRL-12 642 608-319. THEY WERE DISTRIBUTED TO SWEETBAY SUPERMARKETS RETURN IT TO THE STORE IF YOU HAVE A CARTON.

LENGTH-01:11 ISSUE-CRIME 1 SHOW TIME-11:00

YOU CAN BUY JUST ABOUT ANYTHING ON CRAIGS LIST. BUT IF YOU'VE RECENTLY BEEN ON THE WEBSITE -- YOU MIGHT HAVE COME ACROSS THIS AD. A KIDNEY FOR SALE -- THE ASKING PRICE... 100 THOUSAND DOLLARS. "KIDNEY'S YOURS AS SIMPLE AS THAT DO IT AS SOON AS YOU WANT IT DONE..." WILLIAM MILLER OF EL CAJON POSTED THE AD. HE AND HIS FIANCEE ARE UNEMPLOYED RIGHT NOW -- MILLER SAYS ONE WAY TO HELP PAY THE BILLS IS BY SELLING AN ORGAN. "IF I HAVE A HUNDRED THOUSAND DOLLARS I COULD PUT MONEY ASIDE FROM THE KIDS TO GO TO COLLEGE I COULD PAY FOR MYSELF TO GO BACK TO COLLEGE " "IN THE 5 DAYS MILLER'S POSTING WAS UP.. HE RECEIVED TWO MESSAGES, ONE CRITICIZING HIS AD THE OTHER ASKING FOR DETAILS. .."MILLER'S NOT ALONE MORE AND MORE PEOPLE ARE LOOKING FOR NEW WAYS TO RAISE MONEY -- SELLING, HAIR, PLASMA, EGGS AND SPERM .BUT WHEN IT COMES TO ORGANS OR TISSUE -- THE BOTTOM LINE... IT'S

ILLEGAL."THE MINUTE YOU TALK MONETARY.. REIMBURSEMENT.. GIVING MONEY .. GIVING ANYTHING TO SOMEONE THAT'S CALLED VALUABLE CONSIDERATION YOU CAN'T GIVE A CAR TO SOMEONE FOR A TRANSPLANT YOU CAN'T GIVE ANYTHING TO GET A TRANSPLANT "SAN DIEGO STATE UNIVERSITY ETHICS PROFESSOR J. ANGELO CORLETT SAYS IT'S A HIGHLY CHARGED ETHICAL DEBATE. "IT MIGHT BE JUSTIFIED ON MORAL GROUNDS BUTT TO.. WE CAN ALL IMAGINE MANY CASES WHERE IT IS ABOUT GREED IT IS ABOUT EXPLOITATING AND MOST OF US WOULD AGREE THOSE WON'T BE JUSTIFIED "BUT REGARDLESS OF THE ARGUMENTS, U.S. FEDERAL LAW PROHIBITS SELLING HUMAN ORGANS AND TISSUES. ANY COMPENSATION BEYOND MEDICAL EXPENSES CAN MEAN FINES AND JAIL TIME.

JANUARY 29, 2009

LENGTH-00:50 ISSUE-ELDERLY 7 SHOW TIME-SUNRISE

YOU CAN'T TELL BY LOOKING AT HIM, BUT JAY SMITH HAS LOW LEVELS OF THE MALE HORMONE, TESTOSTERONE, A CONDITION THAT IS COMMON IN MEN AS THEY AGE. I WAS BODY BUILDING AND EVEN AT BODY BUILDING I FEEL STRONG PHYSICALLY AND MENTALLY, BUT I STARTED TO NOTICE MY LIBIDO WAS STARTING TO DROP.JAY'S DOCTOR SAYS THAT'S ONE OF A MYRIAD OF COMPLAINTS FROM MEN WHO SUFFER FROM LOW TESTOSTERONE. LOW LIBIDO, ERECTILE DYSFUNCTION AND OSTEOPOROSIS, BUT ALSO SOME NON-SPECIFIC CONDITIONS THAT ARE DIFFICULT TO DISTINGUISH WITH OTHER CONDITIONS SUCH AS DEPRESSION, DEPRESSED MOOD, LETHARGY, DIFFICULTY CONCENTRATING AND SLEEP DISTURBANCES.DR. IRWIG (ER-WIG) RECOMMENDED USING A TOPICAL GEL TO RAISE TESTOSTERONE LEVELS, BUT JAY SAYS IT DIDN'T WORK SO HE TRIED A DIFFERENT TREATMENT.THERE IS AN INTRAMUSCULAR INJECTION, WHICH IS TYPICALLY GIVEN INTO THE THIGH OR BUTTOCK EVERY TWO WEEKS WHICH THE PATIENT OR HIS PARTNER CAN ADMINISTER. THAT SEEMED TO DO THE TRICK.THE SHOTS RIGHT NOW I'M CURRENTLY HAPPY WITH THEM, MY WIFE IS CURRENTLY HAPPY WITH THEM.JAY SAYS HE'S NOW BACK ON TRACK.

LENGTH-00:21 ISSUE-CRIME 1 SHOW TIME-12:00

A SUNCOAST A MANATEE COUNTY MAN HAS BEEN ARRESTED ON CHARGES OF CHILD ABUSE INVOLVING A THREE MONTH OLD INFANT. DEPUTIES QUESTIONED 21 YEAR OLD MATTHEW NIX AND HIS FIANCE AFTER THEY BROUGHT THE CHILD TO THE HOSPITAL FOR A SKULL FRACTURE. ACCORDING TO DEPUTIES NIX ADMITTED TO SHAKING THE CHILD AND EVEN THROWING THE CHILD TO THE FLOOR AMONG OTHER THINGS. NIX REMAINS IN JAIL. THE CHILD REMAINS HOSPITALIZED IN STABLE CONDITION.

LENGTH-01:57

ISSUE-HEALTH 5

SHOW TIME-12:00

DR. JEFFREY STEINBERG IS A FERTILITY SPECIALIST--- WHO HAS DEVELOPED A NICHE. HE ALLOWS COUPLES TO CHOOSE THE SEX OF THEIR CHILD. SIMON: HOW MANY OF THEM WANT BOYS? AND HOW MANY WANT GIRLS? STEINBERG: IT'S AN INTERESTING QUESTION AND IT REALLY TURNS OUT TO BE 50-50. DR. STEINBERG ADVERTISES TO AN INTERNATIONAL AUDIENCE AND INDEED PATIENTS COME FROM ALL OVER. BUSINESS IS UP LITERALLY 80 FOLD FROM SEVEN YEARS AGO. STEINBERG SAYS HIS ASIAN CLIENTS OVERWHELMINGLY FAVOR BOYS BECAUSE OF CULTURAL PRESSURES. CANADIANS FAVOR GIRLS, BUT HE DOESN'T KNOW WHY. HE SAYS HIS AMERICAN PATIENTS MAINLY COME FOR QUOTE FAMILY BALANCING. I COME FROM A FAMILY OF FOUR GIRLS, SO I THOUGHT IT WOULD BE NICE TO HAVE A SON. BOB AND MINDY HARRISON OF UTAH HAD FOUR DAUGHTERS--- BUT FELT LIKE THEIR FAMILY WASN'T COMPLETE. I LOVE PLAYING WITH DOLLS BUT SOMETIME TRUCKS ARE FUN TOO. SO THEY WENT THROUGH AN INVITRO FERTILIZATION PROCEDURE AT DOCTOR STEINBERG'S OFFICE. AN ENVIROMENT THAT REQUIRED US TO WEAR SPECIALIZED OUTFITS---TO PREVENT CONTAMINATION. --STANDUP-- THIS IS THE LAB IN WHERE THE EGGS ARE FERTILIZED. ONCE YOU HAVE VIABLE EMBRYO, A SINGLE CELL IS EXTRACTED AND LOOKED AT A HIGH POWERED FLUORESCENT MICROSCOPE TO SEE IF THE EMBRYO IS A MALE OR A FEMALE. GENDER SELECTION IS CONSIDERED CONTROVERSIAL. MOST COUNTRIES HAVE BANNED IT. ONE OF THE FEARS IS THAT IT COULD MANIPULATE THE RATIO OF BOYS TO GIRLS. THOUGH IT'S LEGAL IN THE UNITED STATES, THE COUNTRY'S LEADING FERTILITY ORGANIZATION DISCOURAGES IT. SOME RELIGIOUS GROUPS DON'T LIKE DOCTORS INTERFEREING WITH WHAT THEY CONSIDER "GOD'S PLAN." OTHER CRITICS--- WORRY ABOUT THE FUTURE. DESIGNING BABIES BASED ON SOCIETAL PREFERANCES. WE COULD BE OPENING THE DOOR TO A SOCIETY WHERE THERE ARE NEW KINDS OF INEQUALITY AND NEW KINDS OF DISCRIMINATION. A WORLD THAT WE REALLY WOULD NOT WANT TO LIVE IN. I GUESS WE DON'T SEE ANY ISSUES WITH IT. WE FEEL THAT AS TECHNOLOGY ADVANCES WE CAN TAKE ADVANTAGE TO ENHANCE OUR LIVES AND LIVES OF OTHERS, IT'S A GOOD THING. A GOOD THING BECAUSE MINDY AND BOB NOW HAVE THEIR BOYS... TWINS TREVOR AND TRISTAN ARE NOW EIGHT MONTHS OLD. IF WE HADN'T GONE THROUGH THIS PROCEDURE. THESE TWO LITTLE BOYS WOULDN'T BE HERE. DR. STEINBERG SAYS THE TECHNOLOGY IS HAPPENING SO FAST THAT IN ADDITION TO CHOOSING THINGS LIKE HAIR AND EYE COLOR--- PARENTS WILL ONE DAY BE ABLE TO CHOOSE BABIES THAT ARE HEALTHIER TALLER, MORE ATHLETIC. AND HE HAS ABSOLUTELY NO QUALMS OF GIVING THOSE PARENTS EXACTLY WHAT THEY WANT.

LENGTH-00:15

ISSUE-CRIME 1

SHOW TIME-5:00

A NORTH PORT MAN IS BEHIND BARS FOR DUI MANSLAUGHTER. THE FLORIDA HIGHWAY PATROL SAYS DANIEL DUDUKA WAS UNDER THE INFLUENCE WHEN HE DROVE OFF THE I-75 SOUTHBOUND ENTRANCE RAMP AND INTO A TREE AT FRUITVILLE ROAD LAST DECEMBER. THE BACKSEAT PASSENGER, 23-YEAR OLD CRYSTAL LAWRENZ OF ENGLEWOOD WAS KILLED. DUDUKA IS IN JAIL WITHOUT BOND.

LENGTH-00:57

ISSUE-WOMEN 8

SHOW TIME-5:00

IT WAS BARACK OBAMA'S FIRST BILL SIGNING AS THE 44TH PRESIDENT OF THE UNITED STATES. BUT THE PERSON OF THE HOUR WAS THE WOMAN WHOSE NAME IS ON THE NEW LAW. IT IS FITTING THAT WITH THE VERY FIRST BILL I SIGN - THE LILLY LEDBETTER FAIR PAY RESTORATION ACT - WE ARE UPHOLDING ONE OF THIS NATION'S FIRST PRINCIPLES: THAT WE ARE ALL CREATED EQUAL AND EACH DESERVE A CHANCE TO PURSUE OUR OWN VERSION OF HAPPINESS. 70-YEAR-OLD LILLY LEDBETTER WAS A SUPERVISOR AT A GOOD YEAR TIRE PLANT IN SOUTH CAROLINA WHO WAS TIPPED OFF THAT SHE WAS NOT MAKING THE SAME AS MEN DOING THE SAME JOB. SHE WON IN A LOWER COURT, BUT APPEALS TOOK HER CASE ALL THE WAY TO THE US SUPREME COURT IN 2007, WHERE SHE LOST. I WAS INITIALLY HUMILIATED, I FELT DEGRADED BEFORE TODAY, WOMEN COULD ONLY FILE DISCRIMINATION SUITS WITHIN SIX MONTHS OF FIRST EXPERIENCING A PAY GAP. THE NEW LEGISLATION ALLOWS SUITS YEARS LATER--AS LONG AS THE ALLEGED PAY DISCRIMINATION IS CONTINUING. IT'S AN ISSUE CLOSE TO MICHELLE OBAMA, WHO HAS PLEDGED TO USE HER POSITION AS FIRST LADY TO PROMOTE ISSUES RELATED TO WORKING WOMEN.

LENGTH-00:20

ISSUE-CRIME 1

SHOW TIME-11:00

A FATAL STABBING TONIGHT IN MANATEE COUNTY.. IT HAPPENED AT ABOUT SIX TONIGHT.. IN THE PARKING LOT OF ROYAL RELAXATION ON WHITFIELD AVENUE.. SHERIFF'S DEPUTIES SAY 37-YEAR OLD WILLIAM HOWERY WAS STABBED WHILE HOLDING A ONE YEAR OLD BOY.. WHO IS BELIEVED TO BE HIS SON.. THE CHILD WAS NOT HURT.. DEPUTIES SAY CARLOS VIERA IS IN CUSTODY.. AND IS EXPECTED TO BE CHARGED WITH MURDER..

JANUARY 30, 2009

LENGTH-00:32

ISSUE-CRIME 1

SHOW TIME-SUNRISE

A LAKE LAND TEENAGER INVOLVED IN THE NOTORIOUS VIDEOTAPED BEATING OF A CLASSMATE HAS PLEAD GUILTY. AS PART OF A PLEA DEAL, 18-YEAR-OLD BRITTINI HARDCASTLE PLEAD GUILTY YESTERDAY TO FALSE IMPRISONMENT AND BATTERY. SHE COULD GET UP TO FIVE MONTHS IN JAIL AND FIVE YEARS OF PROBATION WHEN SHE IS SENTENCED MARCH 20TH IN POLK COUNTY. HARDCASTLE WAS AMONG A GROUP OF TEENS ARRESTED LAST YEAR AND ACCUSED OF ATTACKING A 16-YEAR-

OLD GIRL. THE ATTACK WAS RECORDED ON VIDEO AND WAS SEEN AROUND THE WORLD ON THE INTERNET AND TELEVISION. TWO OTHER TEENAGERS HAVE ALREADY ACCEPTED PLEA DEALS.

LENGTH-01:51 ISSUE-HEALTH 5 SHOW TIME-12:00

LACROSSE WAS ONCE THE CENTER OF 18 YEAR OLD JAMES ORRIGO'S LIFE. UNTIL THE GAME WHEN HE SUFFERED BACK TO BACK CONCUSSIONS. WHEN'S THE LAST TIME YOU HAD THE CHANCE TO PICK UP A LACROSSE STICK? PROBABLY OVER A YEAR AGO. IT'S PRETTY WEIRD. IT BRINGS BACK SOME PRETTY VIVID MEMORIES. THE OTHER KID COMES UP TO ME AND HE CROSSCHECKS ME TO THE THROAT, WHICH HAD SO MUCH FORCE BEHIND IT LIFTS ME IN THE AIR AND I SMASHED THE BACK OF MY HEAD OFF THE GROUND SO THAT WAS THE FIRST CONCUSSION. AND THEN IT'S THE SAME KID HE COMES AND I WASN'T READY FOR IT AND JUST BOOM SNAPS MY NECK DOWN AND I GO RIGHT DOWN. JAMES DIDN'T KNOW IT YET, BUT WITHIN MINUTES HE'D SUFFERED *TWO* CONCUSSIONS. IF HE HAD SUFFERED A *THIRD... WHAT WOULD HAVE HAPPENED? WELL HE PROBABLY WOULD HAVE DIED OR HAD SEVERE BRAIN INJURY. A NEW STUDY SUGGEST THE RISK OF BRAIN INJURY IN YOUNG ATHLETES WITH CONCUSSIONS IS REAL. I RECENTLY SPOKE WITH ONE OF THE STUDY'S AUTHORS, NEUROLOGIST DR. ANN MCKEE. THIS IS A CASE OF AN 18 YEAR OLD WHO PLAYED MULTIPLE SPORTS IN HIGH SCHOOL AND SUSTAINED SEVERAL CONCUSSIONS. THE BROWN TANGLES SEEN HERE, EVIDENCE OF BRAIN DAMAGE. IT'S NOT JUST A FEW TANGLES. IT'S ACTUALLY A LOT OF THEM. THIS NEW EVIDENCE OF TANGLES IN AN 18 YEAR OLD'S BRAIN ECHOES EVIDENCE MCKEE AND COLLEAGUES ALREADY FOUND IN THE BRAINS OF SEVEN FORMER NFL PLAYERS WHO SUFFERED MULTIPLE CONCUSSIONS. WHAT IS THE SIGNIFICANCE OF THIS? WELL WE THINK THIS IS HOW CHRONIC TRAUMATIC ENCEPHALOPATHY STARTS. WERE YOU SURPRISED TO SEE THIS DEGREE OF CHANGE IN AN 18 YEAR OLD? SHOCKED ARE YOU BACK TO NORMAL? YES 100 PERCENT? JUST A FEW HEADACHES, BUT THAT'S ONLY IF I DO TOO MUCH WORKING OUT. GETTING THESE GUYS, YEAH BUT BESIDES THAT I'M GOOD. JAMES NO LONGER PLAYS CONTACT SPORTS. INSTEAD HE PLAYS THE GUITAR AND EDUCATES OTHER YOUNG ATHLETES ABOUT CONCUSSION. YOU MUST WATCH SPORTS ON TELEVISION, I'M SURE YOU'RE GONNA WATCH THE SUPER BOWL. WHAT GOES THROUGH YOUR HEAD NOW WHEN, AS YOU SAY, SOMEONE GETS LAID OUT? WHAT GETS ME THE MOST ANGRY, IS EVERYONE IS SAYING 'OH IT'S JUST A CONCUSSION. HE'LL BE BACK INTO PLAY OR SOMETHING LIKE THAT. IT'S JUST SCARY TO THINK ABOUT THERE'S NO REAL URGENCY. AS YOU CAN SEE WE KNOW MORE THAN EVER ABOUT THE VAGUE TERM CONCUSSION. AND MORE IMPORTANTLY WHAT HAPPENS DEEP INSIDE THE BRAIN. BUT THIS IS JUST THE BEGINNING. OVER THE NEXT SEVERAL YEARS THEY'RE GOING TO LOOK AT HUNDREDS MORE BRAINS, AND HOPEFULLY GET MORE ANSWERS

LENGTH-01:06 ISSUE-CRIME 1 SHOW TIME-5:00

WITH A NEW GOVERNOR IN PLACE.. ILLINOIS IS TRYING TO PUT ITS POLITICAL CIRCUS FIRMLY IN THE PAST--AFTER THURSDAY'S UNANIMOUS 59 TO 0 VOTE IN THE STATE SENATE TO REMOVE GOVERNOR ROD BLAGOJEVICH FROM OFFICE. "I NOW PRONOUNCE THE CONVICTION OF ROD R. BLAGOJEVICH, THEREBY REMOVING HIM FROM THE OFFICE OF GOVERNOR." THEY ALSO VOTED TO BAN BLAGOJEVICH FROM EVER HOLDING POLITICAL OFFICE AGAIN IN ILLINOIS. FOLLOWING THE GOVERNOR'S FIRST AND *ONLY* APPEARANCE AT HIS IMPEACHMENT TRIAL.."THERE IS NO EVIDENCE BEFORE YOUR BODY THAT SHOWS, NO EVIDENCE, ZERO, THAT THERE WAS ANY WRONGDOING BY ME." "I PATRICK JOSEPH QUINN..DO SOLEMNLY SWEAR...DO SOLEMNLY SWEAR." LIEUTENANT GOVERNOR PAT QUINN WAS SWORN IN.. SHORTLY AFTER THE VOTE.. BACK IN CHICAGO, BLAGOJEVICH CONDEMNED THE SENATES DECISION.."I'M GOING TO KEEP FIGHTING TO CLEAR MY NAME." THEN APPARENTLY BASKING IN THE ATTENTION.. BLAGOJEVICH WONDERED.. WHETHER ANYTHING HE HAD TO SAY.. WOULD EVER MATTER AGAIN: "IF I ASK YOU TO COME COVER ME, IF I WANT TO SAY SOMETHING, WILL YOU DO IT OR IS THIS THE LAST HURRAH?" BLAGOJEVICH MUST NOW FOCUS ON HIS FEDERAL CORRUPTION TRIAL.. WHICH BEGINS IN A FEW MONTHS.IT'S ONE TRIAL HE WON'T BE ALLOWED TO BOYCOTT.

JANUARY 31, 2009

NOTHING